IN LIVING COLOR

2008

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SPRINGFIELD

IN LIVING COLOR

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Faculty 72

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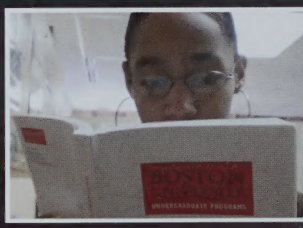

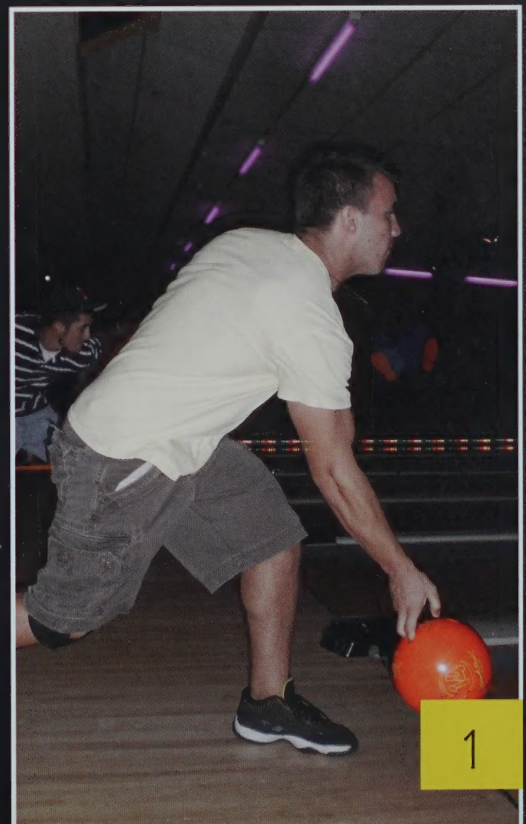

Springfield Central High School
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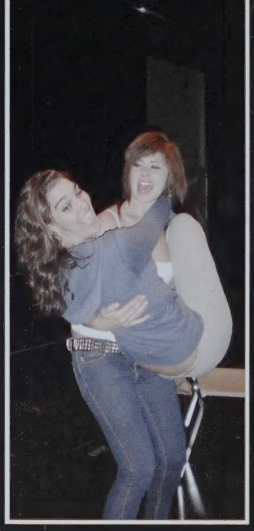
Springfield, MA 01109
Phone: (413) 787-7085
Fax: (413) 787-7040
Population: 2,021

WHO'S ON FIRS
ST. LOUIS

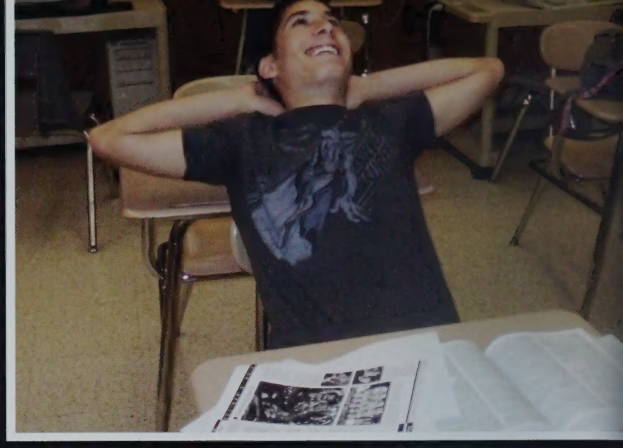
CENTRAL

The high school experience is truly one that will never be forgotten. It is here, in these hallways where people find themselves. It is the pep-rallies, football games, and standing in a huge crowd full of screaming fans painted in black, gold, and white where we live it up. It is with the sports teams, in the classrooms, and on the stages where we let our true colors shine. As we begin our journey we are untouched palates, but as we experience and learn more about ourselves and the world around us, our colors become more vibrant and defined. Through experiencing a whole spectrum of activities, we can make the most of the four years we have in high school. We cannot always be picture perfect,
but it is these imperfections that make us learn and grow as individuals. It is the spirit and character of our school that has allowed us to spend our years at Central in living color.

Your Editor in Chief,
Katie Pleet



IN LIVING COLOR



SENIORS

Living like a senior is priceless. All through our high school career we look forward to this point, anticipating the freedoms and experiences that come with being a senior. By arriving at this year, we achieve a sense of accomplishment, and come one step closer to fulfilling our goals of a more vibrant future. As our four memorable years of high school draw to a close, we think back on our times together at the football games, in the classroom, or simply in the parking lot after school, and we continue to make those memories that will stay with us forever.

Senior Editors
Alyssa Fasolino, Emily Harned, & Rachelle Karkevich

IT'S College TIME!

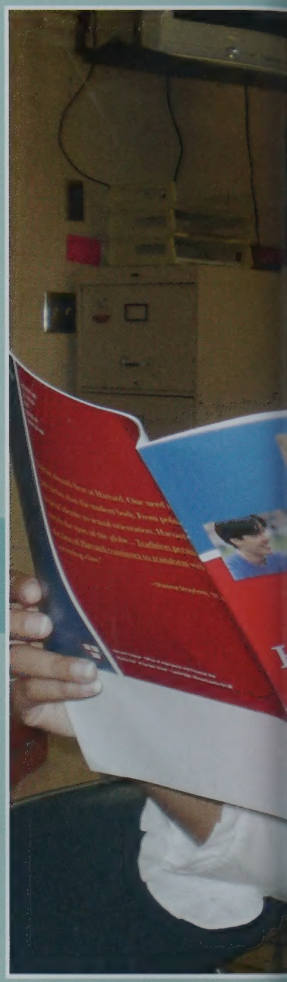
Students prepare themselves for change, as they get ready to attend college and start a new beginning.

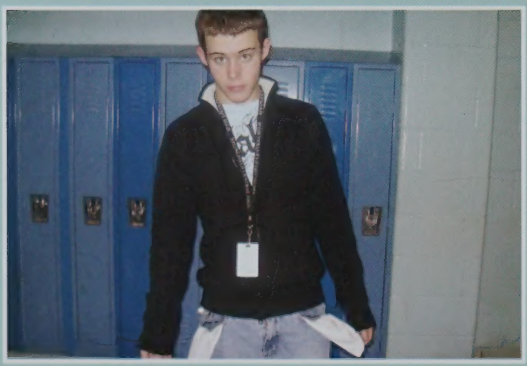
Senior year is a year that students look forward to. When looking for a good job, you can't just have a high school diploma. Careers require you to go to college and become someone. Here at Central, we have many seniors that know what they want to do for that new step into college.

Edwin Tarraza a senior in Central, plans to go to college at UMass. He commented, "I am very excited to go and study computer technology." Another senior is Maurice Doran, a guy that is ready for college, but is still unsure of which one to go to. He told reporters, "I want to study teaching to become an English teacher." Finally, a head-on girl that's always on task, Jenny Serna, plans to attend UMass and study psychology. She stated, "I feel excited! I am finally leaving Springfield."

In the end it sounds like most seniors are ready and happy for a new beginning and the change of stepping into the real world.

by Badran Khatib

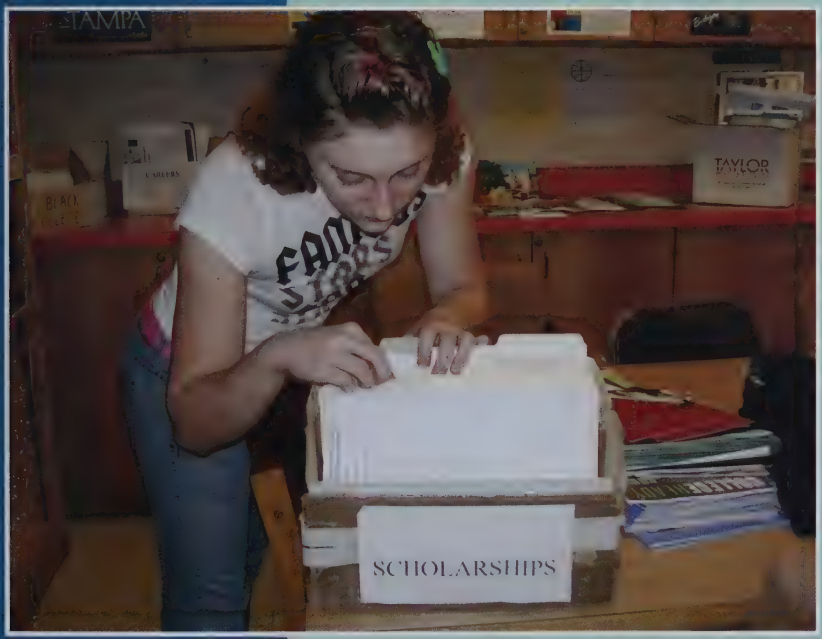




No Bucks in the Bank - Looking sadly at his empty pockets, senior James Crogan commented on his finances, "College is so expensive. It leaves me with no money for any luxuries."

Future Plans - While browsing a book on college choices senior Eddie King stated, "It's a long application process but I can't wait until I'm in college preparing for my future."

Looking Ahead - During her free time, senior Janaiya Samuels browses a pamphlet from Harvard. "I feel mature and ready for college," she stated.



College Fever - Senior Thomas Pavlu comments about looking forward to his future. "I'm excited to finally be on my own and pursue a major that I am passionate about. Computer engineering is my first choice, and hopefully I will attend UMass Amherst."

Searching for Gold - While looking through the scholarships box in the guidance office senior Stefanie Marotte hoped to find a few she could apply for. "The process of college applications is scary and stressful but it's good to look ahead because it will determine your future," she explained.

Vickyannie Alban
Zachary Allen
Catherine Almodovar
Amedee Amy
Michael Angelica
Kwame Attakorah

Michael Austin
Ariel Baez
Jametta Bailey-Hailey
Emory Barfield
Steffanie Barnes
Felicia Barron

Philip Bates
Annette Belzowski
Marques Benton
Catiria Berrios
Cristina Berrios
Reme Blye

Samantha Bodley
Ashley Boland-Cordero
Johnna Bonilla
Dana Brathwaite
Richard Bright
Joellen Broska

Anthony Brown
Shayla Brown
Tyrell Brown
Sarah Brunelle
Vanessa Burnett
Kimberly Campbell

Meghan Caputo
Eugene Carabine Jr.
Mairead Carney
Kevin Carr
Kyron Carter
Kristen Castro

Sunnie Caulton
Ashley Charles
Christian Cicero
Curtis Cimini
Nicole Cirino
Briana Clay

Shakura Coffman-Meadows
Iisha Collins
George Colon
Daquan Cook
Orlando Cordero
Aaron Cornejo

James Crogan
Jhmal Cruz
Karne Cruz
Sandra De La Cruz
Kevin Delgado
Andrew DeSousa

Janisette Dominguez
Maurice Doran
Shatoya Dowdell
Calyn Duffany
Kyara Duke
Christopher Dziok

Jordan Eady
Roberto Echevarria
Matthew Ewing
Alyssa Fasolino
Jaime Figueroa
Megan Forcier

Matthew Foster
Stephanie Galda
Nicholas Garvey
Jocelyn Gonzalez
Meghan Goodine
Yelena Gorbovets

Tiffany Goss
Raquel Grady
Jasmine Griffin
Jonathan Guczek
Amber Hakim
Joseph Hamilton

Emily Harned
Desiree Harris
Jessica Harris
James Harrison Jr.
John Haygood
Desmond Henry

Golden Eagle Glory

Central students have explosive pride

Central students would be lost without school spirit. From games to school dances, when it comes to representing our school colors, everyone gets involved.

Students, as well as the faculty, are excited about being a Golden Eagle. Central is known for having the best school pride. "I am most definitely proud to wear black, gold, and white. I wouldn't want to choose any other colors to wear," said Tania Rivera, who has been a Golden Eagle for three years now.

Not only do Central's colors show inside of school, but wearing black, white, and gold happened daily for most of us. "We had a car wash to raise money for our class, and it was fun. We got a chance to actually show school spirirt and have pride in our school colors," said Dyonndra Everett, a senior.

When it comes to football games, no matter who Central plays, fans always seemed to show the most spirit. "When I see a big crowd, I get hyped up. The more people I see the more enthusiastic I get," stated one of Central's cheerleaders, Izzy Caraballo, who has been cheering since her freshman year. "Being a cheerleader as a freshman was most exciting because I had never seen my friends and their families so excited."

In all, being a Golden Eagle in any way is something to be proud of. When it comes to having school spirirt, Central does the job!

by Jasmine Smith

1.) We've Got Spirit! - Sophmore Anna Volain gets her face painted by Kat Marrone at a football game to show her school spirit. "I like going to football games and showing my school pride," she explained.

2.) Central Pride - Representing his class and school, senior Chris Colon gets ready for the fall pep rally. "Painting myself for the pep rally every year is definitely something I'll remember," he exclaimed.

5.

3.) The American Eagle - Junior Jason Keefe tells us how he shows his school spirit. "I crowd surf. I like going to the football games to watch them win, and dress up in an eagle costume with my best friend Mike Ricco. I am the American Eagle."
4.) *Go Central!* - Myra Maldonado, a senior here at Central explains, "I wear my school colors and always make sure to tell people about upcoming games and ways to support central."
5.) Hey Eagles! - Cheerleading is a great way to show off school spirit. Junior Jenna Feeley explains, "I like to support my school's sports team and being a cheerleader is a good way do demonstrate school spirit."

How do you show your school spirit?!

"I go to a lot of the games and sometimes I paint my face."
-Mike Ricco
Grade 11

"I just do as many sports as I can and try to do well in them."
-George Hargrove
Grade 12

"I just go out in the stands and crowd surf!"
-Hillary Higgs
Grade 12

"I paint my face and go out to cheer on the team"
-Philip Bates
Grade 12

Hillary Higgs
Kayla Hurley
Danuta Janiszewski
Eriq Jones
Jaytwan Jones
Marissa Jones

Rachelle Karkevich
Nadezhda Katko
Emily Kelliher
Badran Khatib-Colon
Nicholas Kupiec
Danielle LaPierre

Patrick LaVoie
Joshua Lieberman
Jean Lopez
Alexandria Luna
Bao Luong
Mybui Luong

Stephanie Lynn
Allyson Mackler
Myra Maldonado
Kaliah Malloy
Jenna Manzi
Stefanie Marou

Katrina Marron
Dominique Marsha
Greg Maxwe
Deborah Mcaloo
Jessica Ann Mcaloo
Brendon McCrimmon

Rachel McCutchen
John McLaughlin
Sean McNamara
Nicole Mead
Jeremy Miller
Julianna Monteiro

Ashley Morales
Max Moran
Brittany Moreau
Julie Moreau
Evangelia Murray
Christopher Nashville

Sickly SENIORS

How is senioritis affecting you?

"Senioritis is really affecting my senior year because I feel more lazy than usual."
-Dremus Watkins

"At the end of the year I start procrastinating a lot."
-Sammy Tan

As seniors begin their last year, many have developed a case of senioritis.

It's that time again! A brand new class of seniors have come in this year. They're known as role models for younger students, the ones they look up to, just not when they have the "itis". Senioritis that is. A lot of students started showing symptoms as soon as school began, but what can we say? They're seniors.

Symptoms like slacking off definitely run through senior Jessica Harris. "I started getting senioritis when I was just a freshman. I party here and there, but I still manage to come through with my good grades. Going to college right after high school is one of my goals that I plan to complete," stated the senior.

Senior year has changed things for students, whether positively or negatively. For senior Ireal Wilson, "a lot of responsibilities have grown within my senior year, along with organization. It's crazy, and if it wasn't for my car, I don't know what I would do." Though many students would like nothing more than to slack off for their last year, most realize they're almost out, so working hard until the end is important.

You can walk around the school and distinguish a senior just by the way they act. Many seniors find it a drag to come to school, and they will often arrive late or leave early, most know that this last year in high school is one of the most important.

by Melquan Miller

1.

2.

1.) On the Sly - While checking for administrators, seniors Brendon McCrimmons and Jessica Harris try to sneak out of school. "I try to stay focused but senioritis is definitely getting to me this year," Brendon stated.

2.) Sleepy Head - Senior Antonio Graziano, a victim of senioritis, has been caught catching Z's in class. He admits, "A long night of partying has rendered me tired."

Living in luxury

Students live up thier summer

Towards the end of the year, every student yearns for a long vacation. From staying in town, to going out of the country, students always come back ready for their next school year.

Everyone enjoys the family get-togethers, hanging out with friends, and best of all, no school! Vacation is all about relaxing and just having a good time. Most students go on vacation with family, while others go with friends. "Puerto Rico is my favorite place for vacation. I usually go with my family," proclaimed Orlando Cordero, a senior here at Central High. "This year I'm planning to go on a road trip!" he exclaimed.

Memories are always a major part of vacation. No matter where you go on vacation, there's always that one special moment you'll cherish forever. "When I was five years old, I went hiking and fishing with my family. I caught my first fish," said freshman Ruben Gonzalez. Funny moments can also make a vaction memorable. Sophomore Ali Bates recollected her vacation trip to Cape Cod. "There was a hole in the boardwalk and I wasn't paying attention. My cousin stepped in the hole, and I slipped off the side into the ocean," laughed Ali. Before you know it all the fun is over, reality comes back and you're in school once again.

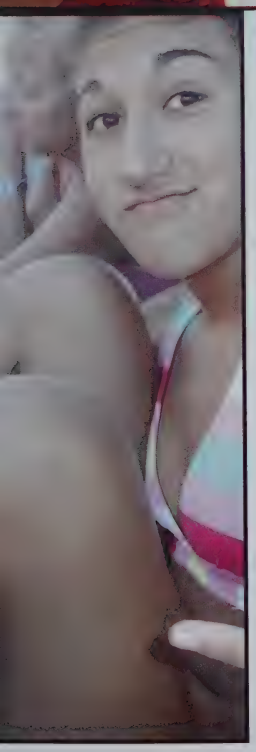
by Natasha Santiago

Send Me a Line - Instead of going swimming, students often enjoyed relaxing on the water and going fishing. Senior Maura Keanon stated, "I love going on fishing trips, they are always so relaxing and a good way to work on your tan."

Sea Side - This past summer seniors Rachelle Karkevich and Lisa Pickrell enjoyed a vacation in Maine together. "We had a good time but I got a really bad sunburn," stated Rachelle.

Greek to Me - Left, senior Katie Fleet sits on a rooftop in front of the blue domes of Santorini, Greece. "My family loves to travel and spending two weeks in Greece was an amazing experience. Everything there was so picturesque," she commented.

World Travel - During spring vacation students from Ms. Chang's class took a trip to China. "Everyone really bonded on the trip. It was the trip of a lifetime," exclaimed senior Chelsea Stafford.



Fun in the Sun - The beach is a popular destination for those wanting to take a break from their regular routine in the summer. Senior Salina Aguilar expressed, "The beach is really fun, unless you get sand in your bathingsuit."

Sand feet - Having fun at the beach is something that is always on Sophomore Venessa Closser's mind. "I love going to the beach and playing in the sand. I went to New Jersey in the summer. It was so much fun."

Summer Lovin' - While enjoying her summer, sophomore Brianna LaPorte hangs out in her pool. "My brother and I have contests on who can balance the longest on the ball. It's fun," she explained.

Nicole Nell
Taija Newton
Kieu Nguyen
Alexandrea Noonan
Franklin Nunez
Melanie Nunez

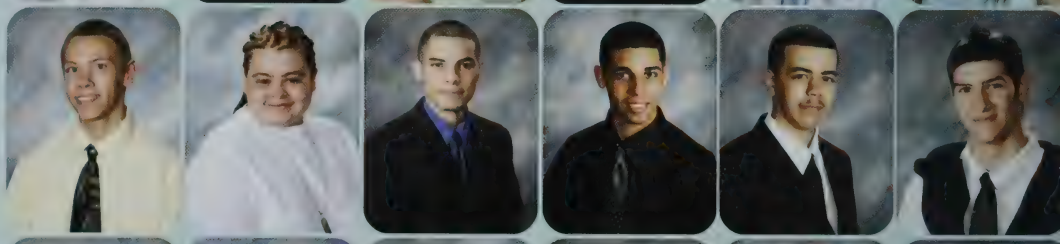
Natsha Oakely
Candace Ocmond
Godwin Okorie
Cristina Olivo
Yunika Ortiz
Jose Otero

Cai Ou
John Parrott
Justine Penna
Hoang Phan
Lisa Pickrell
Christopher Pizarro

Orlando Pizarro
Katherine Pleet
Quentin Plummer
Arielle Poirier
Chanda Postell
Amanda Purchase

Marisol Quinones
Amanda Ramdass
Maura Reardon
Jonathan Rivera
Jorge Rivera
Nelly Rivera-Pratts

Christian Roberts
Adrianna Rodriguez
Carlos Rodriguez
Jorge Rodriguez
Steven Rodriguez
Frank Rosa



Alicia Rosario
Kristine Rosner
Monique Ross
Daiana Rua
Andrew Ryan
John Ryan

Krystyna Sadowski
Juan Salmeron
Janaiya Samuels
Anthony Santiago
Brianna Santiago
Christopher Santiago

Steven Santos
Jennifer Serna
Tynesia Smith
Matthew Soovajian
Chelsea Stafford
Amanda Stewart

Warren Tanguay
Edwin Tarraza
Brianna Taylor
Vivette Thompson
Raymond Torres
Heath Trudell

India Tucker-Ross
Joshua Unwin
Kilsey Valdez
Marissa Vancini
Adelia Vaughn
Yashira Vazquez

Ashley Velez
Elizabeth Velez
Christine Voisine
Mark Volain
Esther Wallace
Kristen Walls

Agnieszka Wasylik
Syron Wheeler
Chevis Williams
KeonteWilliams
Kiyanna Williams
Ireal Wilson

Nathalie Wilson
Benjamin Wright
Tiera Wright
Hector Acevedo
Ardian Ademi
Salina Aguilar

A Gold Carpet Affair

"It was a lot of fun to see everyone dressed up together and enjoying themselves."
- Megan Twining

"I really had fun dancing and being able to hang out with friends."
- Angie Wasylik

"It wasn't that big but I'm definitely looking forward to this year to see how everyone tops junior prom."
- Joellen Broska

MEMORIES

What was the best part about prom?

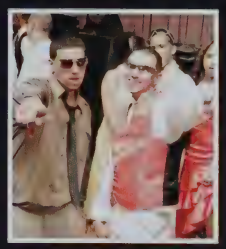
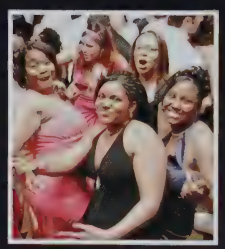
Once again, the colorful students of Central High made a splash at the prom scene. As the ladies dressed in gowns, and the guys in tuxedoes, everyone looked fabulous. Everything seemed positively perfect for senior Ashley Boland, "Everything went perfect and I had so much fun."

Pearls, boys in top hats, simple up-do's and the color red dominated the trends. Getting the perfect dress and hairdo was stressful, but having the night of a lifetime was not a problem for Janaiya Samuels. "The best thing at prom was that it was like one big family party," she explained. Between the hair-do, and finding a matching dress and tux in the right size there were a few dilemmas, but once the music got loud, the shoes started coming off. "It's really fun when everyone's dancing," said senior Ben Wright.

Just like in fairytales, the magical evening ended at midnight for many, leaving them to reminisce over that exhilaratingly vivid night. From the limo ride there, to the time when they finally reached their own beds, it was and always will be one night they will never forget.

by Nino Volobueva

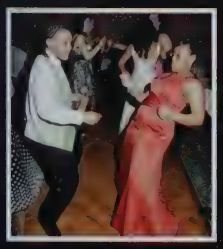
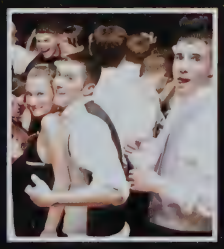
Dance Like No One's Watching - Enjoying their prom night, seniors Karen Cruz and Ashley Charles dance together. "Overall the best part of prom was to see everyone dancing, sharing special moments together and having fun," Karen remarked.

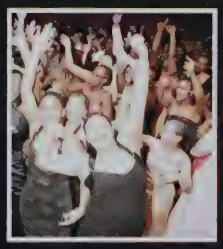



1.) Dance the Night Away - Seniors all dance together, living up their prom experience. "It was an awesome night and we all had so much fun," explained Jeremy Miller.

2.) Bust a Move - Seniors Whitney Brown and Dequan Murray share some time on the dance floor. "I loved seeing the guys dressed up at prom; it was something different," commented Whitney.

3.) Say Cheese - Senior Josh Uniwin takes time out to pose with friends. "We all sat together. I had a really great time!" he stated.



Deon Brown
Justin Burgos
Cherish Carlin
Seth Cheeks
Christopher Colon
Michael Diaz

Danielle Gillylan
George Hargrove
Collin Harvey
Anthony Hernandez
Aaron Kaeble
Shahein Kiaresh

Jasmine Martinez
Dillon McGuire
Timothy Murphy
Vincent Restivo
Cassandra Richardson-Coughlin
Jeileen Rivera

Emily Rodriguez
Elizabeth Ruiz
James Sullivan
Ashleigh Thomas
Micah Vanderlinden
Justin Wenners

De'quan Murray

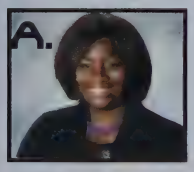
Class of 2008

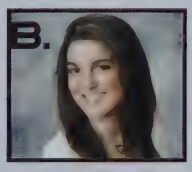
no regrets

Guess who!

Reflection

Match the baby picture with the correct letter!





Answers: 1 - D, 2 - C, 3 - B, 4 - E, 5 - A

Punch Buggy - Senior Rachelle Karkevich had no problem finding her car in the lot. "I love my car. It stands out and is fun and bright like my personality," she remarked.

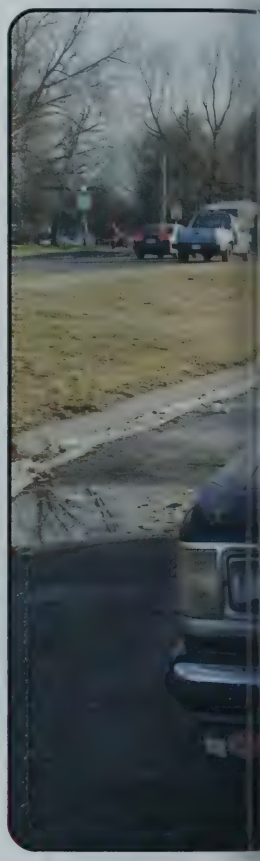
Hit the Road - Senior Danuta Janiszewski drove out of the parking lot before swim practice. "Having my car makes everything so much easier," she said.

All teens await the day they can finally drive. Driving is another step towards becoming completely independent, and not having to rely on anyone else. Teens finally achieve the ability to go anywhere at any time. "Now that I have a car I have the freedom to leave my house whenever I want," remarked senior James Sullivan.

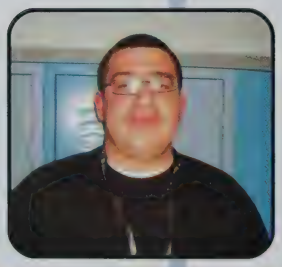
Driving to school, as opposed to taking the bus or having to go with a parent is yet another benefit to driving. "I love driving. I can go wherever, whenever without relying on anyone," exclaimed senior John Parrott.

The sense of independence driving provides can be empowering. The new found freedom and improved social status is a vital part of growing up today. The added responsibility stays with students for the rest of their lives.

by William Youngworth



What do you think?



"Having my car is great, I can come and go as I please."
Andrew DeSousa '08

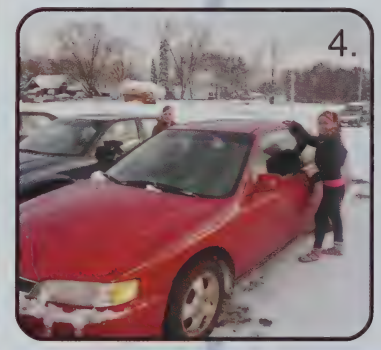
"I have the freedom to leave anytime I want, but I don't like the prices. $50 a week for gas and $30 for my insurance."
Sarah Chaet '09

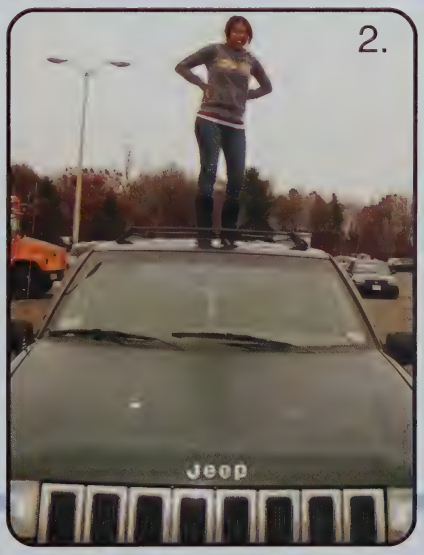
On Top of Things - Showing off her sweet whip, senior Yelena Gorbovets posed on top of her car. "I love just driving around with my friends," she commented.

Life in the fast lane

The ups and downs of having a car.

Out on the Road - Senior Chris Dziok showed off his specialized license plate. "It makes my car more noticable," he explained.





1.) Hot Wheels - Senior Andrew Ryan relaxed on the top of his truck in the parking lot. "I like to whip around in my truck," he explained.

2.) Riding High - Showing off her Jeep, senior Amanda Ramdass explained," I love having my car. I feel on top of the world!"

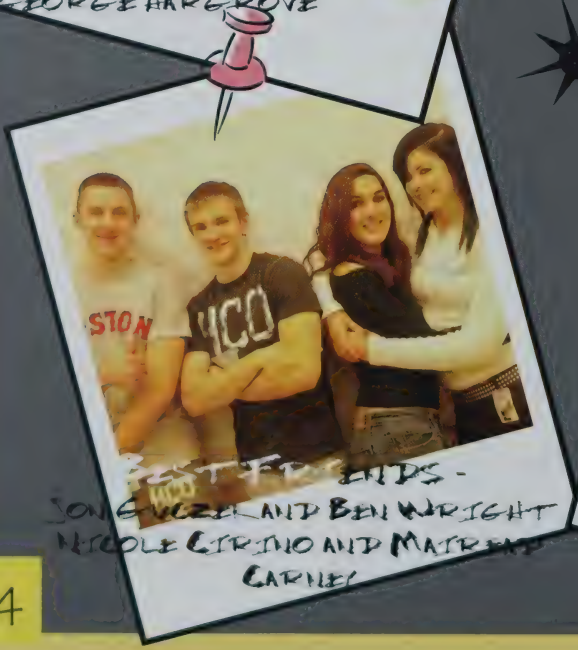
3.) Ticket to Freedom - Shakura Coffman-Meadows sat on her trunk while waiting to leave school. "I love having a car because I have a lot more freedom to go where I want," she stated.

4.) Big Red - Sisters Cristina and Catiria Berrios head to their car after class. "With a car it's so much easier to get places," exclaimed Catiria.

AND THE 08 WINNER IS...

CLASS ATHLETE -
HILLARY HIGGS
GEORGE HARGROVE

CLASS COUPLE -
YELENA GORBOVETS
ANTONIO GRAZIANO



BEST FRIENDS -
JONE GUZZI AND BEN WRIGHT
NICOLE GIRINO AND MATHEW
CARNEY

PARTY KING & QUEEN
NICK GARVEY
NICOLE NELL

MOST ATTRACTIVE-
ON MCCRIMMONS
JANAIYA SAMUELS

CLASS GOSSIP-
DEON BROWN
VANESSA BURNETT

MOST LIKELY TO
MAKE A MILLION
KATIE PLEET
NICK GARVEY

MOST POPULAR-
DEQUAN MURRAY
KIMMY CAMPBELL

CLASS CLOWNS -
DEQUAN MURRAY
FELICIA BARRON

CLASS FLIRT-
CHRIS NASHVILLE
LATOYA BENNEFIELD

2008

CLASS SONG - GOOD LIFE BY KANYE WEST
CLASS SAYING - "YO BROTHA"

COMMITTED MOST TO CLASS -
SHAHEIN KIN[illegible]
KIMMY CAMPBELL

MOST UNIQUE
AMANDA STEWART
COLLIN HARVEY

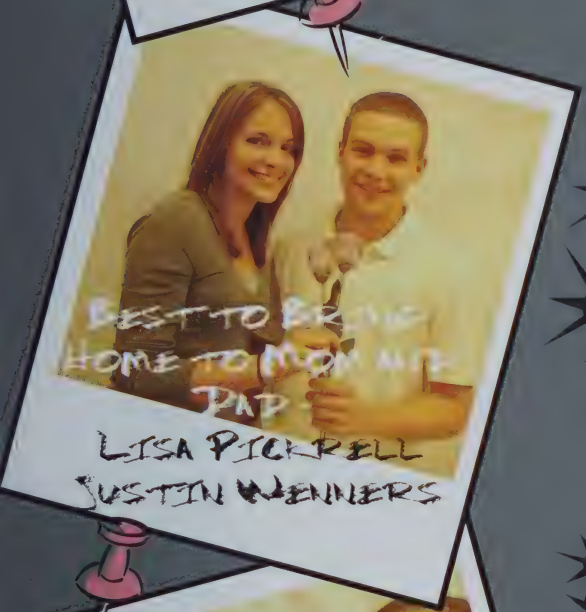
CLASS ARTIST -
ESTHER WALLACE
CHRIS COLON

BEST DRESSED -
CHRIS COLON
REME BLUE

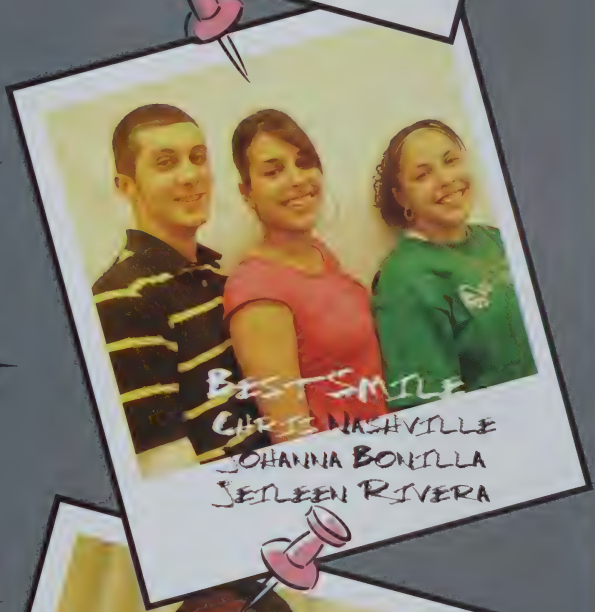
CLASS ACTORS -
AMANDA PURCHASE
FRANK ROSA

Best Physique
Eriq Jones
Brianna Santiago

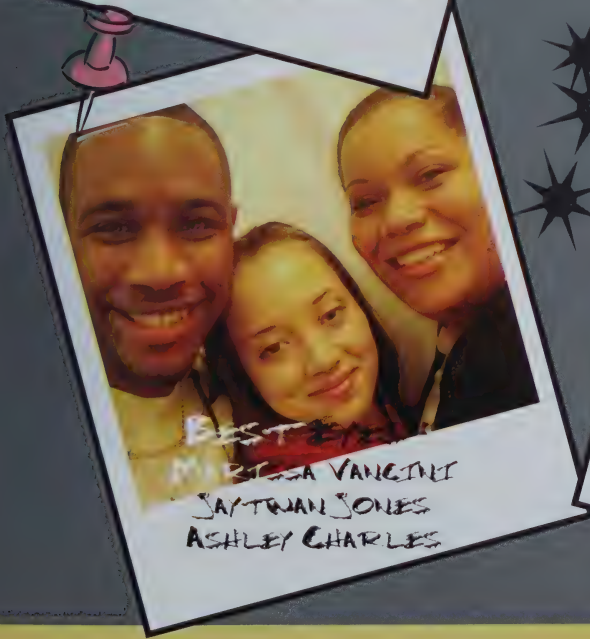
Most
Ashley
Eriq Jones



Best to Bring
Home to Mom and
Pap
Lisa Pickrell
Justin Wenners

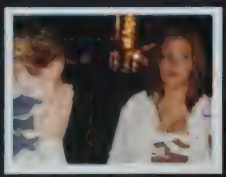


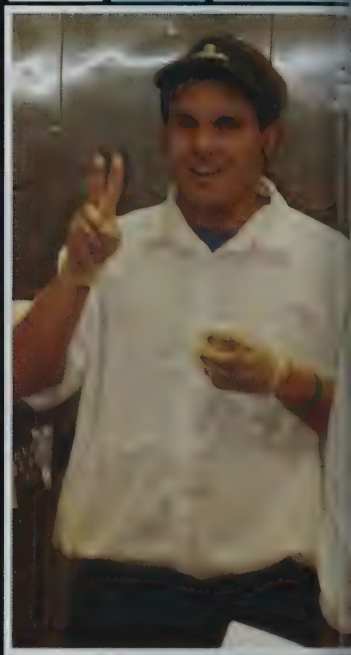
Best Smile
Chris Nashville
Johanna Bonilla
Jeileen Rivera



Best Eyes
Melissa Vangini
Jaytwan Jones
Ashley Charles

Class Motor
Mouth
James Williams
Samantha Bodley





STUDENT LIFE

High school is the considered the most memorable four years of your life, whether it is attending school activities, working all hours of the day for that extra cash, or simply making memories with friends. There was at least one thing that happened during this time that is significant in each student's life. Relationships matured as some found their high school sweethearts. Others devoted their time to hobbies and just having fun. Simply going to school eveyday and making friends of a lifetime created colorful memories that are truly priceless.

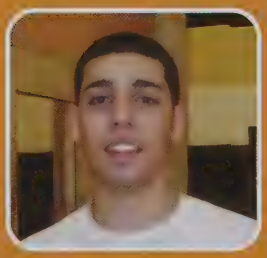
Student Life Editors
Alyssa Fasolino, Emily Harned, & Rachelle Karkevich

PAY DAY

What do students really do with their paychecks?

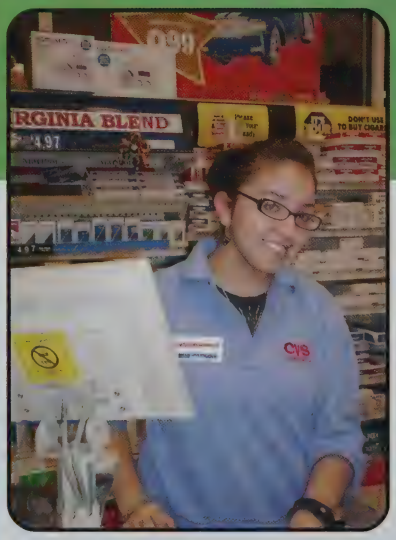
"I save my money for all of the senior stuff, like prom."
- Chanda Postell
Grade 12

"I drive a lot, so most of my money goes toward gas."
- John Parrot
Grade 12



"I spend my money on everything. I blow my dough."
-Jorge Rodriguez
Grade 12

"I go to the mall and get fresh."
- Desmond Henry
Grade 12



We Love to See You Smile - Senior Aaron Kaeble did not mind his job at Friendly's. "I get paid to smile," he said.

Travelocity - Senior Ashley Morales worked at CVS to save up her paycheck. "I love to travel, so I save a lot of my money for my trip to Europe next year," she exclaimed.

Do I Know You? - Senior Miriam Chummasorn is always recognized at her job at the Pretzel Twister. "Since it's in the mall I always see people I know, it can be annoying sometimes," she stated.

Many students gave up their weekend to working and... ...MAKING THE GREEN

As students entered high school they often felt the pressures of more responsibility. One responsibility most student's encountered was the need of an income. Whether they had bills to pay or their eye on an outfit, as soon as students were able, they went on the hunt to find a job.

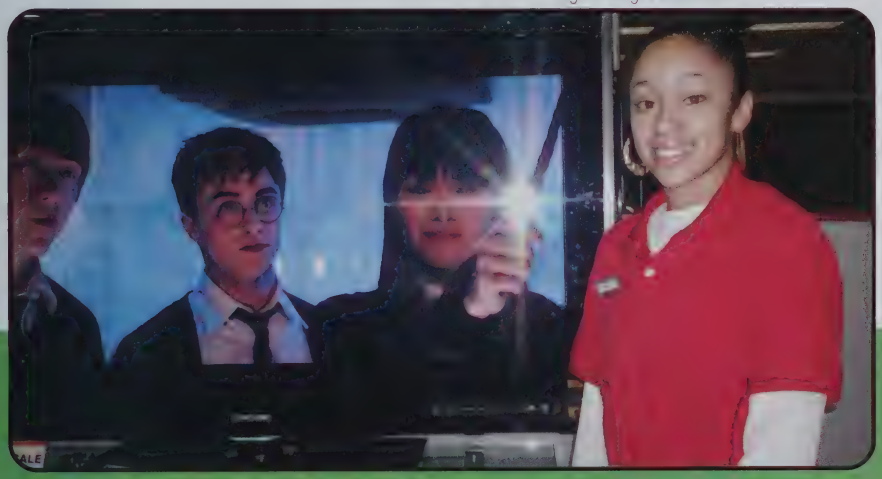
Most students found their jobs in traditional places like grocery stores and pharmacies, but some, like senior Amber Hakim had a unique job. "I clean once a week at my mom's office," she explained. "It's not too hard and it pays pretty well." This was the case for many, where their paycheck was more important to them than the actual work.

Students also found themselves making a long term commitment to their employers. "I work at the Big Y on Allen and Cooley," said junior Brandon Voight. "I've been working there since January 2006." Many of these students were happier at work because they knew the system, and felt comfortable at their job.

However, not all students were so lucky to get that paycheck every week. "I have a lot of responsibilities with my studies and sports after school, so I don't really have time to work," explained senior Jeileen Rivera. Though they could always use the money, many decided to place their education above their desires.

Overall, balancing their school, activities, and jobs was no trouble for Central students.

by Emily Harned

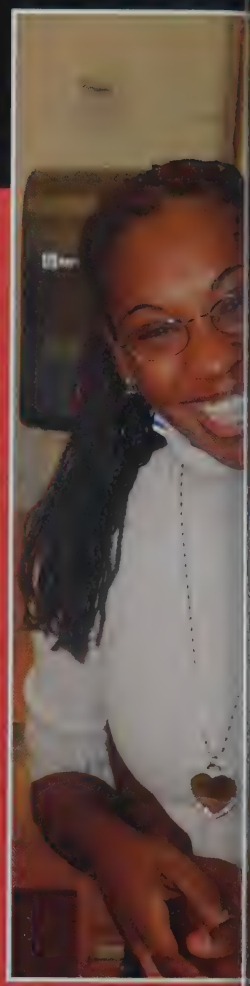


Short Circuit - Senior Hillary Higgs explained her interest in her job at Circuit City, "It is a fun job, I always want to take home the TV's and other cool technology we sell."

Do You Want Fries With That? - Junior Rainelle Jackson described her satisfaction with her job at McDonalds, "Sometimes it can be annoying, but the paycheck is worth it."

Bold as Love

Love is in the air at Central High School.



Relationships are like whirling roller coasters, encountering ups and downs with a simple gesture. Central's hallways are full of love-birds. As you walk down the hallways, couples are everywhere expressing their love for one another.

Having a special relationship with someone can be a magical experience. Sharing the same interests with someone or being comfortable with that special person gives you an unexplainable feeling. Couples spend their time together with various activities. "My girlfriend and I watch movies, sit and talk, and just have fun all the time," junior Julian Penna commented.

Many high school sweethearts have known one another for years. "I've known my boyfriend since ninth grade, but we didn't get close until junior year," quoted senior Julianna Monteiro. All relationships require cooperation. "I've never felt so comfortable with anyone, or myself until now. We rarely fight and never grow tired of each other. We're happy together," professed junior Vicky Tran of boyfriend Patrick LaVoie.

In the end, whether things work out for better or worse, spending time with that special someone made the year more enjoyable.

by Natasha Santiago

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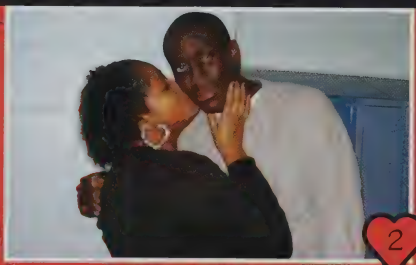

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1.) Opposites Attract - "A lot of people think we're opposites but she's more like me than anyone else," stated junior Anglea Buxton of her girlfriend Alexandrea Noonan.

2.) Smooches - When they met up in the hallway, senior Nakia Meadows gave her boyfriend Freye Freboye a kiss. "Since we met, he's the best thing that ever happened to me relationship-wise," she explained.

3.) L-O-V-E - Senior Nicole Nell described her relationship with her girlfriend Amanda Boop-Morin, "We love each other, it's as simple as that," she stated.

Hand in Hand - Taking a stroll through th hallway, seniors Warren Tanguay and Salir Aguilar loved to show their affection for or another. "I really love this girl, it's a lot of har work, but we both really appreciate each other explained Warren.

1.) Lean on Me - Seniors Dana Brathwaite and Kwame Attakorah were made for each other. "She's the butter sauce to my 'kwama,'" said Kwame.

2.) You Lift Me up - Seniors Christine Voisine and Josh Uniwin loved spending time together. "We agree on a lot of things and we just have fun together," said Christine.

3.) Young Love - Posed together in the hallway, senior Viet Trang explains his realtionship with girlfriend, Stefanie Marotte, using an inside joke. "No one can cross our line," he stated.

He Said She Said

"I'd rather have a long realtionship then just a little fling."
- Tim Murphy '08

"Relationships take time and work, but they can be worth it."
- Alicia Rosario '08

"Relationships are really hard to manage because it's important to keep a good relationship, but you have to concentrate on your work too."
- Jonathan McRobbie '08

Single Dating

"I prefer to be single because you have a sense of freedom, and there's nothing to worry about."
- Matt Bradway '08

"I like being single because you don't have to worry about things and you're able to keep your options open."
- Chelsea Stafford '08

"It's nice to be in a relationship because there's always someone there for you."
- Ahmed Ibraham '09

color me pretty

Central students display the trends of the year.

[illegible] 2,000 students [illegible] on the first day [illegible] not to notice that [illegible] had once again been [illegible]. Prep, skater, [illegible] sometimes eccentric outfits dominated the scene. This time [illegible] was all about bigger and [illegible] bigger beads, bigger earrings, bigger hair. From head to toe, people [illegible] putting out a fashion show every [illegible] walked the halls. "Fashion is [illegible] excalimed junior Edwin McCray, while his buddy and fellow [illegible] Jorge Ocasio added, "Fashion [illegible]FE!" No wonder people seemed to [illegible]

seriously. With all the celebrity influences and fabulous trendsetters such as Altagracia Alexandra Boreras, another junior, being well dressed was just something that seemed to come naturally to most.

Some were into beautifully matched outfits and accessories, such as senior Melanie Nunez, while others like senior Danuta Janiszewski, preferred ingeniously rough and rugged looks. "I guess were back in the 80's," mused Danuta. But what was it that triggered this sudden wave of fashionable teens? "Music and videos inspire me," said Melanie, who could often be seen in something stunningly casual,

yet totally trendy. Senior Raymond Torres expressed himself to be an urban prep, saying, "Style is more then just a state of mind." Tommy Kashmanian, a freshman skater-boy commented, "I'm comfy with every clique, " and why not? In the end, no one cared what their friends were dressing like. Big baggy blue jeans, or preppy pink polos, friendships were struck up between very diverse people, and that's what made the fashion scene so unbelievably interesting. Danuta Janiszewski said with a small smile, "Fashion isn't dead, it's just inside out."

by Nino Volobueva

2.) Funky Fashion - Junior Maliaka Gra[illegible] tries to stay true to herself. "I keep [illegible] basic and try to stick with my ow[illegible] uniqueness most of the time."

Fashion Craze!

Some girls love Uggs, while others hate them. Girls became such fans of these boots that they became the must-have shoes in their wardrobe. "You can wear them in the summer or the winter, it doesn't really matter. They are very comfortable and stylish, " explained Senior Lisa Pickrell.

Self-Reflection - Senior Hillary Higgs uses her fashion to show what she's feeling. "I love to dress up or throw on some cute sneakers. My personal style reflects me," she explained.

Staying Fresh - Dressing stylish is always on junior Jorge Cruz-Morales' mind. "I try to look good everyday so I can look good for the ladies," he said.

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1.) Unique Self Expression - Being an individual makes everyone unique in thier own way. Senior Alexandrea Noonan describes her style, "I'm really into art and I think the way I dress is another way for me to express myself."

2.) What's Cooking Good Looking? - Most students would like to be comfortable in school. Senior Benjamin Wright explains, "I dress comfortable, but stylish."

3.) Fashion Diva - Senior Whitney Brown gets her style by looking at magazines to find the latest trends. "When I look at a magazine I try to imitate what I see while putting my own spin on it." Whitney adds, "I'm my own barbie."

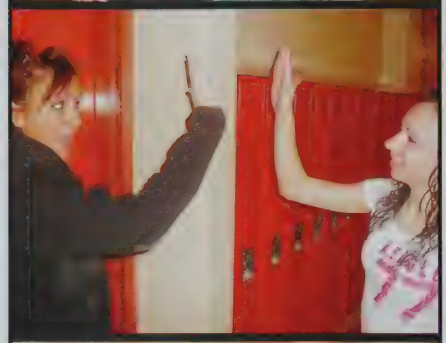
4.) Most Unique - Senior Colin Harvey explains why he's unique. " Personal stlye is a good way to express yourself."

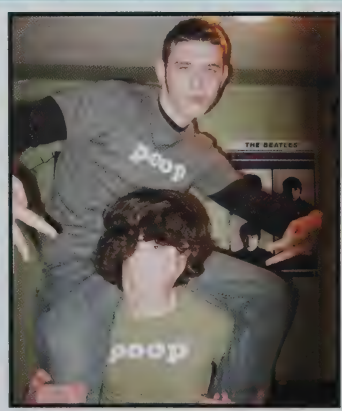
What's your favorite style?

"I match my outfits to my accessories and not the other way around."
Ariel Baez Grade 12

"If I'm happy I'll dress up in heels, if I'm feeling down I'll dress casually."
Duchee Lo Grade 11

"My favorite style is urban, whatever looks right to me."
Orlando Pizarro Grade 12





I Got Your Back - Seniors Curtis Cimini and Patrick LaVoie were always seen goofing off together. Curtis added, "We can always have a good time when we hang out."

Twisted Sisters - Seniors Adelia Vaughn and Stephanie Galda were good friends throughout high school. "We're really close and we always have fun doing things together," said Adelia.

The Color of Friendship

Students took time out of their hectic lives to have fun with their friends.

Elizabeth Foley once said, "The most beautiful discovery true friends make is that they can grow separately without growing apart." So what was the riveting discovery made by seniors Mairead Carney and Nicole Cirino? They could be different as night and day, but remain extremely close. It was 6th grade when they met, because Nicole rescued Mairead from an annoying little boy. "I love my bestie. We don't have to do anything when we hang out," Mairead explained. Ever since then they've been the best of friends, doing everything together: baking, snuggling, building igloos, even a tattoo they were planning on getting that read, "In this bright future you can't forget your past."

Boys will be boys, and seniors Jon Guczek and Ben Wright are a perfect example of just that. "Once we dug a 10 foot hole in my backyard, no lie," enthused Jon. "We always have each others' back," said Ben. Having been close friends since the third grade, they were perfect examples of knowing all about each other.

Another group of friends who knew one another quite well were juniors Harriet Kashmanian, Nino Volobueva, Tori Murray, Jordan Zarcone, and Jenna Feeley. "The five of us have been best friends since eighth grade, but some of us knew each other before that too," stated Tori. "I didn't expect to be friends for so long, people usually get sick of each other," explained Jordan with a big smile. They've had their ups and downs, but in the end, what counted most was how indivisible they were. "The most important thing in a friendship is the stability, because I know they'll always be there no matter what," commented Harriet.

Who said a guy and a girl can't be best friends? Juniors Bianca Ottaviani and Paul Hudson have been very close since freshman year. Having had gym together, they just clicked. "I love her smile," said Paul while Bianca gushed about how much she loved how he text massaged her just to say "hi." Friends just bring the best and truest colors out in all of us.

by Nino Volobueva

ll Smiles - Juniors Dan McCarthy, Jason Keefe, dam Farhadi, Joey VanValkenburg, and Mike licco always knew how to think up something reative. Adam commented, "It's getting hot in ere."

What's the greatest memory you have with your best friend?

"The fact that Yelena and I can take an average day and make it hilarious, and memorable, is why I love her. We're fly."
-Meghan Goodine
Grade 12

"We always sing to this one song by 'Tears for Fears' together on our iPods."
-Warren Tanguay
Grade 12

Healthy Living

Central students get personal and tell us their secrets on staying fit.

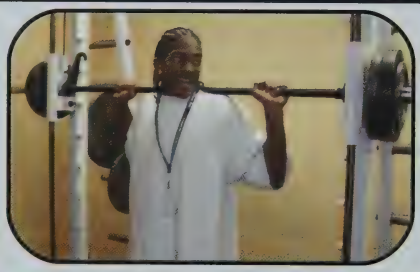
Seeing fit students everyday may cause others to wonder what they should do to get in shape. From working out everyday to eating a lot of junk food, many of Central's participants stay fit in different ways. "Sometimes I work out, but it's not an everyday thing because staying fit isn't that hard for me," stated senior Jaytwan Jones. "I like to box 2-3 times a week but eating doughnuts, cheesecake, and especially milk and cookies is a habit for me," he admitted.

On the other hand, students such as Marquis Brace stay fit in a different way. "I lift weights, I run, and I drink protein shakes. I usually work out everyday, but my weekends are my time to rest," he concluded. Frankie Aiello likes to exercise on the weekend. "I work out my upper body one day, then I do cardio the next. I mostly eat what I want because on weekdays I alternate between lifting weights and running," Aiello proclaimed.

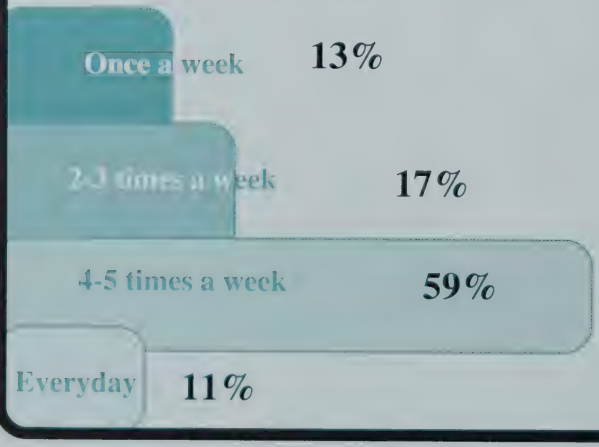
When it comes to playing sports, some athletes agreed to eating the same foods to maintain their tight bodies. "Every Wednesday is carbohydrate overload for the football team. We go out to eat and overload on pastas, breads, and other foods we can eventually turn into muscle," informed sophomore Kearson Joseph. " Eating a lot of vegetables and starches are also good to maintain a healthy diet," added Kilandra Bass, who is also in her sophomore year looking forward to the upcoming basketball season.

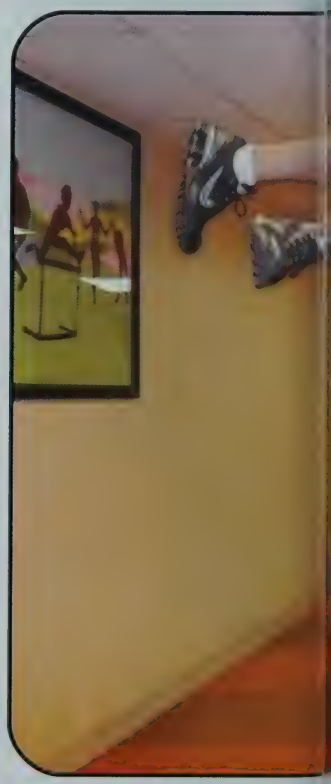
Even though eating healthy foods is something that should be done on a daily basis, everyone, including your favorite teachers, seem to slack. But, if you want a rock hard body for the summer of 2008, you better start working out now - it's never too late.

by Jasmine Smith



How many times a week do you exercise?





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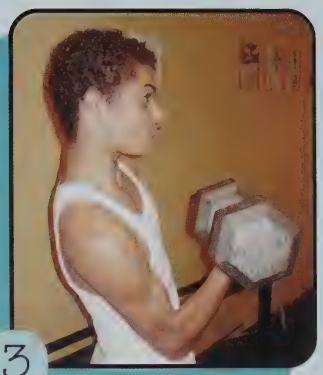

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1.) Getting Healthy - Senior Wilfred Batchelder runs on his tredmill to stay in shape, "I run all the time because staying in shape is important to me," he stated.

2.) Balanced Diet - Junior Ghamdam Al-Jermozi explains his philosphy on fitness, "I think being healthy is important because you'll live longer and get to see your children grow, I drink Vitamin Water everyday," he said.

3.) Pumping Iron - Sophomore Austin Demos lifts weights to build muscle. "I only work out when I find the time," he explained.

4.) Shaping Up - Not a lot of people have an oppurtunity to work out in their own home, but freshmen Aracelis Espinal does often. "I get to work out afterschool because I have a home fitness system," she explained.

Fly Like an Eagle - Senior Dequan Murray explains why he likes staying in shape. "Staying in shape is a good way to be healthy and stay in shape, it's a good way to prepare for sports in the up coming season."

Passing the Time

Central students explored their hobbies both in and out of school.

Hobbies were an important part of a teenager's life. Everyone had a hobby pertaining to their own unique personality and enjoyment. Whether it was reading, sports, or art, hobbies at Central were an important part of the everyday lifestyle.

Hobbies could vary according to the season. In the winter, more people preferred indoor activities such as Yesenia Alicea. "I like going to the movies and just hanging out with my friends," she said. Although, people often took advantage of the winter weather. Senior Warren Tanguay shared his favorite winter activity, "I love when it snows because that means I can go skiing," he expressed.

When the warm weather came around people enjoyed spending their time outside. Senior Hector Acevedo stated his favorite warm weather activity: " I love playing sports, my favorite is football, so I love when it gets warm enough to go outside and throw around the ball," he said.

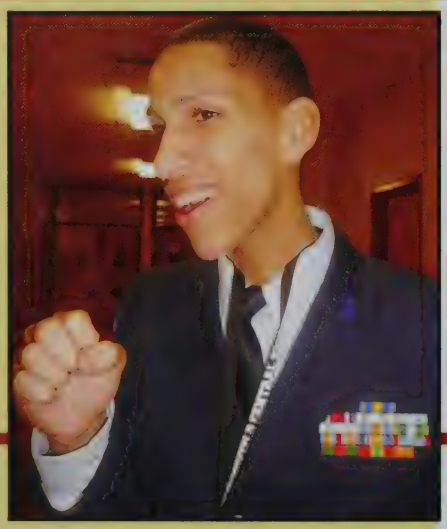
The weather did not always affect people's favorite hobbies, such as those into art. Artists had an advantage because they could do it anywhere they wanted. Anthony Dupree expressed the love of his hobby. " I love art, I do it whenever I can. I recently started teaching younger kids all about art too, and it's a lot of fun."

Students picked up hobbies all through high school which helped them deal with the stresses of high school. Though school could often be a drag it was these student's hobbies, activities they love doing, which kept their spirits up.

by Natasha Santiago

Hitting the Notes - Senior Orlando Pizarro enjoyed to spend his free time singing. "I love love love to sing!" he exclaimed.

Break It Down - Senior Jhamal Cruz showed off one of his impressive dance moves. "I love to dance," he stated simply.



Flying High - Senior Patrick LaVoie spent his free time skateboarding in his neighborhood. "I used to be into skateboarding more, but I still like to do it whenever I get a chance," he explained.

Framed Up - Senior Alexandrea Noonan enjoyed doing art when she had a free moment. "I love being able to use art to express myself," she proclaimed.

Put on Your Game Face - Senior Josh Unwin warmed up to pitch before a big baseball game. "Baseball is my life!" he exclaimed.

Winter Wonderland - Senior Kristen Walls spent time with friends on a ski trip. "These trips are always packed with laughter!" she explained.

Living Side by Side

They see each other at home, now they see each other in the hallways.

You see them at home and now they're invading your school. Upperclassmen share the privilege of sharing the school with their younger siblings. Senior Sarah Brunelle expressed her thoughts on having to attend the same school as her younger brother Matthew Brunelle. "I love having my brother Matt here, I can watch out for him." Junior Amandalys Olivarez also stated, "Its great having my little sister here, I get to see her more."

Although it may seem that they're everywhere, sometimes they go unnoticed. Senior Paul Petty remarked, "I rarely see Tom, so its like he's not even here." Of course there's always the protective brother in school. Senior Vincent Restivo voiced how he keeps an eye out for younger sister Ruth. "I don't see her very often, but enough to make sure she's staying out of trouble."

In the end our younger siblings dont seem to be in our way too much, just enough to keep an eye on or share a lunch or two with. After all, it isn't that bad having to share the school with them.

by Vikyannie Alban

1.

2.

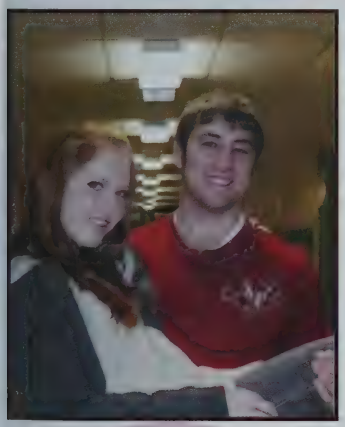
3.

1.)Seeing Double -Senior twins Brianna and Anthon Santiago have a unique realtionship. Brianna explains, "W have a lot of classes together and we get along really we which is something a lot of other siblings can't say."

2.)Side by Side - Having a sibling in school can be a good thing because you know that there is always someon there for you. Senior Wilfred Batchelder explains, "It's pretty cool because she's about the same age as me and we're both going through the same things. We can always talk and I know she'll always have my back."

3.)Home is Where the Heart Is - Freshman Steve McLaughlin explains why he does not mind his brothers i school with him, "It's weird seeing them in school but it's fun because it's just like home."

Just Like You - Freshman Kevin Jones expresses that his older brother is his role model, "I want to be like Eriq in high school, he's very athletic and very successful."

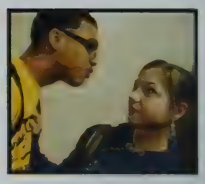


"It's kind of annoying because I have to drive my sister to school everyday."
-Warren Tanguay
Grade 12

"She's always there when I need her, literally. She helps me out a lot with homework and social issues."
-Molly Delaney
Grade 9

"It's nice having a sister because you always have somebody there to be on your side when others aren't."
-Ashley Charles
Grade 12

Camera Shy



Abimelec Alicea
Liannexis Andino
Alexander Andino Martinez
Rosa Arce
Kwame Attakorah
Juan Baez
Wilfred Batchelder
Yolanda Batista
Corey Bodiford
Alejandro Bonilla
Camaika Bovell
George Bowerman
Matthew Bradway
Lachelle Brantley
Lakim Brice
Whitney Brown
Isreal Brunson
Michael Butron
Tsun Chak
Daniel Colon
Joshua Conniff
Cameron Cox
Victor Del Rosario
Heather Demaio
Nathan Dennis
Daniel Dufresne
Anthony Dupree
Herdys Duran
Jonathan Enriquez
Sasha Epps
Dyonndra Everett
Disraeliza Flores
Gene Gamble
Julius Garcia

Tarah Garvey
Clifford Gervais
Michelle Giovaninni
Emily Goad
Jasmine Gonzalez
Antonio Graziano
Carlos Guzman
Latoya Hall
James Harris
Orlando Hernandez
Yamarie Hernandez
Vincent Hicks
Arthur Hilson
Divine Holland
Nicholas Iennaco
Stormy Ingram
Chantal Jackson
Derrick Jackson
Edward King
Blake Lappie
Annielou Lavin
Anh Le
Nathan Lewis
Joshua Lieberman
Eric Lopez
Kayla Lopez
Moises Luciano
Alexandria Luna
Bao Luong
Stephanie Lymm
Sarah Malchesky
Kaliah Malloy
Elia Martinez
Timothy McClister

Brian McKenzie
Charles McRae
Jonathan McRobbie
Nakia Meadows
Javier Melendez
Elba Mendez
Christopher Mengel
Nelson Milano
Jaine Montanez
Xavier Moson
Michael Nadal Torres
Anthony Nguyen
Hoa Nguyen
Nu Nguyen
Shane O'Connor
Tatiana Pacheco
Thomas Pavlu
Mariluz Perez
Talysa Perez
Adonis Perez Muriel
Preye Preboye
Amanda Purchase
Alex Quintero
Jorell Reyes
Brenda Rivera
Frankie Rivera
Herika Rivera
Jesuann Rivera
Manuel Rivera
Danielle Robinson
Amanda Rodriguez
Bianca Rodriguez
Luis Rodriguez
Nathan Rodriguez

Omaris Rodriguez
Lennix Rosa
John Rosado
Angel Ruiz
Kaye-Loni Ruiz
Jose Salas-Delgado
Whitney Scott
Idalice Serrano
Na'kyia Slater
Justin Stackhouse
Marlon Stephenson
Kendra Supersad
James Tang
Roman Tanon
Joseph Teece
Carmen Therrien
Neal Tokarski
David Torres
Hector Torres
Viet Trang
Holly Trimboli
Megan Twining
Sakaia Van Allen
Fernando Vega
Luis Vega
Tatyana Velazquez
Justin Villanueva
Alan Voisine
Danielle Wescott
James Williams
Trazzana Williams
Ebony Wright
Cynthia Zapata
Jun Zhao

Honor Roll* 2008

Summa Cum Laude

Philip Bates
Cherish Carlin
Matthew Foster
Gene Gamble
Joseph Hamilton
Emily Harned
Danuta Janiszewski
Stefanie Marotte
Katrina Marrone
Max Moran
Evangelia Murray
Kieu Nguyen
Alexandrea Noonan
Cai Ou
Katherine Pleet
Arielle Poirier
Chanda Postell
Jeileen Rivera
Megan Twining
Tiera Wright

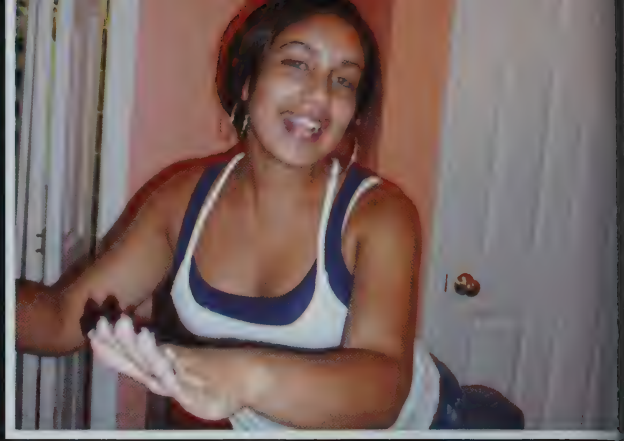
Magna Cum Laude

Anthony Brown
Shayla Brown
Michael Butron
Orlando Cordero
Karen Cruz
Alyssa Fasolino
Yelena Gorbovets
Hillary Higgs
Joshua Lieberman
Allyson Mackler
John McLaughlin
Elba Mendez
Christopher Nashville
Taija Newton
Thomas Pavlu
Steven Rodriguez
Daiana Rua
Anthony Santiago
Shayne Williams
Ireal Wilson

Cum Laude

Matthew Bradway
Christopher Dziok
Meghan Goodine
Jessica Harris
James Harrison
Erią Jones
Emily Kelliher
Shahein Kiaresh
Rachel McCutchen
Sean McNamara
Nelson Milano
Julianna Monteiro
Julie Moreau
Xavier Moson
Timothy Murphy
Nicole Nell
Cristina Olivo
Cassandra Richardson-Coughlin
John Ryan
Brianna Santiago
Christopher Santiago
Matthew Soovajian
Chelsea Stafford
Amanda Stewart
Sammy Tan
Viet Trang
Heath Trudell
Mark Volain
Esther Wallace
Justin Wenners
Jun Zhao

*Official as of February 2008



4 out of 3 people admit
they are poor with fractions.
EVERYTHING
BETTER

UNDERCLASS

Entering Springfield Central High School's doors for the first time was a bold move in every student's life. While taking after the seniors, the new-bees found that their main priority was to live it up and have as much fun as possible. There was always something exciting going on, like meeting new life-long friends or attending big friday night games under the lights. The underclass were motivated to break out of the senior's shadow and burst into the limelight. Growing and maturing through the years, they had the time of their lives.

Underclass Editors
Stephanie Flynn & Amanda Bost-Morin

Rad Abdul-Baki
Dianca Adams
Francesco Aiello
Ghandan Al-Jermozi
Annamarie Alleyne-Lovell
Caridad Amaro
Sarah Andrekus
Evelyn Ansah
Yomarelys Aponte
Meriah Arroyo

Esther Baah
Lorianna Baez
Nelson Baez
Jose Barrera
Lilian Barrera
Mark Bennett
Alyssa Berman
Leslianne Bernstein
Russell Bliss
Samantha Bolden

Amanda Bost-Morin
Karli Brandrick
Alysia Bryll
Angela Buxton
Roger Bynum
Paul Cacciola
Oscar Caceres
Marcia Caldwell-Taft
Rashawn Campbell
Lino Carrasquillo

Patrick Casey
Jahayra Chacon-Nieves
Sarah Chaet
Ebony Charles
Benny Chavez
Adam Chisholm
Jovan Christian
Steve Cina
Jeffrey Clemons
Mariah Colemon

Juan Collazo
Zoila Colon
Amy Contant
Robert Contant
Corey Cortes
Portia Cottle
Alexis Crapps
Kristen Crowell
Tiana Cruz
Jorge Cruz Morales

Ta'Quawn Daniels
Chanavea Davis
Angel Dejesus
Jessica Denault
Nicole Desrochers
Monica Diaz
Paul Dorn
Tierra Downie
Nicholas Duclos
Heather Dulude

Malik Early
Essence Eddington
Robert Ekmalian
Michael Ernst
Christopher Eyer
Adrianna Falcon
Adam Farhadi
Gabrielle Farhadi
Carolyn Farnham
Jenna Feeley

Isaac Fernandez
Kyle Fisher
Roberto Flores
Stephanie Flynn
Neecolette Forde
Kibbs Fortilus
Blanca Franco
Sarah Freggau
Raymond Gagne
Miguel Galindez Burgos

Cynthia Garcia
Rosemary Garcia
Timothy Garcia
Richard Gauthier
Drew Gaxin
Cory Gonsca
David Gonzalez
Jeovany Gonzalez
Yanibel Gonzalez
Robert Gottel

Rachel Green
Mason Gregory
Tauren Griffin
April Guzman
Chelsey Harris
Drake Harris
Shalea Harris
Aleisha Hawley
Matthew Hebert
Richard Hector

Marquis Henry-Brace
Sarah Herlihy
Jalina Hernandez
Tanazshia Hickey-Jones
Keteast Hill
Victoria Hopkins
Daniel Horonzy
Amanda Hurley
Ahmed Ibrahim
Rainelle Jackson

Raushaun James
Dawlin Jimenez
Janel Jimenez
David Jones
Harriet Kashmanian
Jason Keefe
Jaron Kenney
Christopher Keough
Mikhail Klakotskiy
Ashley Konieczko

Nicholas Konton
Gage Laflamme
Linda Le
Lisa Le
Duchee Lo
Marquez Lopez
Melinda Lozada
Luis Maldonado
Liz Marrero
Antonino Martin

Esther Martinez
Hector Martinez
Jacob Martinez
Joshua Martinez
Melissa Martinez
Vanessa Martinez
Luzsandra Masso
Anthony Matthews
Ian McCarl
Brianna McCollough

Edwin McCray
Michael McGarvey
Benjamin McLaughlin
Joshua McRae
Eddie Melendez
Moises Melendez
Kathleen Melhorn
Christopher Meminger
Regino Mendez
Leonjha Miller

Taneisha Mings
Asha Mireku
Shalandria Mitchell
Joseph Mondon
Sasha Montes
Joshua Moore
Francheska Morales
Xiomara Morales
Gerianna Morrison
Kayla Motto

Shannel Mowbray
Erin Mulcahey
Tacia Munn
Victoria Murray
Vedrana Murtic
Jose Navarro
Jordany Nazario Martinez
Priscilla Newport
Kammy Nghiem
Binh Nguyen

Dong Nguyen
My Nguyen
Nhan Nguyen
Samantha Nguyen
Toan Nguyen
Tu Nguyen
Jarel Njiiri
Christopher Oakley
Alexander Ocasio
Jorge Ocasio-Hernandez

Adneri Ofray-Vazquez
Lismarie Olivieri
Bianca Ottaviani
Jenna O'Neil
Kayla Papadoulias
Courtney Parker
Nohelia Pena
Julian Penna
Michael Penna
Deena Perdue

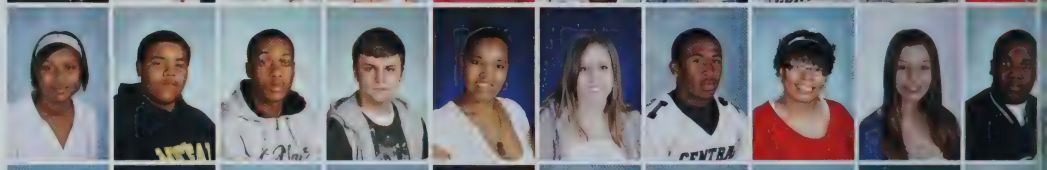
Ariel Perez
Ashley Perez
Duy Pham
Theresa Power
Amanda Putnam
Emily Queliz-Nunez
Angel Quintana
Leah Radner
Raiza Ramos
Nicole Rapa

Angel Reyes
Jose Reyes
Melissa Reyes
Justin Rheaume
Michael Ricco
Angel Rivera
Ariana Rivera
Jordan Rivera
Kevin Rivera
Leslie Rivera

Loren Rivera
Sarah Rivera
Scott Rivera
Stephanie Rivera
Tania Rivera
April Robinson
Kayla Robinson
Kenny Rodriguez
Kevin Rodriguez
Marlenie Rodriguez

Stephanie Rodriguez
Yadiel Rodriguez
Angel Roman
Janice Rosa
Christopher Rosado
Kevin Ross
Natalie Sanchez
Jasmin Sanchez-Garcia
Cristal Sanchez-Rios
Christopher Santiago

Harry Santiago
Kayla Santiago
Magdalee Santiago
Alyssa Sbalbi
Miranda Schabowski
Kamari Schoolfield
Vaneta Scott
Glendon Seivwright
Gina Shankle
Derek Shaver



Charnee Smith
Michael Smith
Tyrell Smith
Brian Snyder
Brunilda Solano-Ortiz
Carrie Soule
Cyle Spears
Dionna Spencer
Chelsea Stanisewski
Julian Stephenson

Mark Stevens
Richard Stewart
Kevin Streeter
Kiaralee Suarez
Katina Syner
Francis Talbot
Angela Tarraza
Miguel Tejada
Bethany Terry
Cassandra Tetrault

Tessy Texidor
Jarred Therrien
Stacey Thomas
Amanda Thompson
Amber Thompson
Shakeena Thompson
Toni Tirozzi
Christina Tombri
Joel Torres
Melissa Torres

Zulmarie Torres
Victoria Tran
Miesha Tuitt
Denise Valentin
Stephanie Valentin
Joseph Vanvalkenburg
Triny Vargas
Xavier Vazquez
Alexander Velazquez
Wendolyn Villalobos

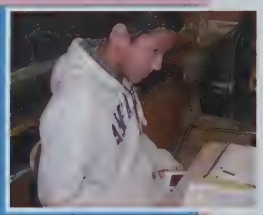
Brandon Voight
Nino Volobueva
Ngoc Chau Vy
Soraya Walker
Jeremiah Wallace
Travis Warnick
Kevin Watts
Leila Wenners
Michael Whalen
Jamil Whitaker

Brittany White
Gary White
Kayla Williams
Monique Williams
George Wilson
Steve Winston
Desmond Woods
Alisha Wright
Carolyn Wright
Ciera Wright

Joseph Wysk
William Youngworth
Angel Yournet
Jordan Zarcone

Class Distractions

"I text to keep in touch with my friends when the class gets boring, even though I know it is against the rules."
Lanny Nugyen '09



"Going to bed late doesn't get you anywhere, so I just can't help but sleep in class."
Jemar Brown '09

"I get so hungry during class because the classes tend to drag on, especially when I have third lunch."
Tatyana Valasquez '08

"To pass time in class I like to flirt with the ladies."
Michael Marte '10

Ruslan Aghigrey
Catarina Alonso
Mustafa Altrecht
Sally Alvarado
Andrea Arroyo
Joshua Avries
Richard Azevedo
Asiah Bailey
Dominique Baker
Joseph Barber

Jeffrey Barcher
James Barron
Kilandra Bass
Lia Bass
Alison Bates
Courtney Beeman
James Bennett
Gabrielle Bey
Shaquan Blanton
Paul Bongiorni

Felicia Bonsu
Rahsheen Brantley
Christian Brouthers
James Brown
Frederick Bruce
Blake Bubar
Nathan Burrage
Matthew Bys
Tanisha Camacho
Jeremy Capdeville

Isaura Caraballo
Katherine Cardona
Kayla Cardona
Kenneth Cardona
Stephanie Carnevale
Elissa Carney
Yolanda Carrasquillo
Marc Carter
Robert Carvalho
Eric Casey

Kenny Castro
Nicole Cecchetelli
Alissa Chaplin
Shauna Charette
Aiesha Chico
Jennifer Christian
George Churchill
Kamurah Cisero
Meriah Clarke
Venessa Closser

Devier Cockett
Nathan Collins
Crystal Colon
Richie Colon
Samuel Cortes
Jennifer Cotto
Johan Cotto
Rosa Cruz-Montalvo
Nicholas Cupero
Brandon Dalton

Takeisha Davis
Lillybeth De La Cruz
Latisha De Leon
Giovani Dejesus
Frank Del Valle
Joshua Deleon
Austin Demos
Justin Demos
Nino Desousa
Thomas Desrochers

Sheatell Dewberry
Amanda Diaz
Marco Disantis
Hoang Do
Liam Doran
Tyrell Dorval
Shanice Douglas
Dylan Drake
Nicholas Duncan
Dominic D'Angelo

Rosa Echevarria
Joshua Eisenstaedt
Jaziane Elias
Rachel Falconer
Stephen Farnham
Maxwellina Feliz
Marissa Fiorillo
Heather Florio
Devonelle Forrest
Danielle Fourtner

Samantha Fox
Brittney Franco
Jeffrey Garay
Sabrina Gardner
Daviani Garrafa
Ryan Garvey
Nicholas Gauthier
Lydia Gentile
Targie Gervais
Brittany Girard

Kyrstin Glod
Kimberly Goad
Areiona Godbolt
Fabian Goffe
Camille Gonzalez
Fabian Gonzalez
Keisha Gonzalez
Michelle Gonzalez
Aaren Grant
Malaika Gray

Jasmine Green
Mark Guido
Daniel Guz
Jonathan Guzman
Peter Hager
Ryan Hager
Travis Hall
Vanessa Harris
Shanara Henry
Darlynne Hernandez

Zhi Huang
Katlin Huffman
Shakira Hutchins
Richtony Huynh
Ebony Hyde
Melanie Irby
Mercedes Jackson
Shamall James
Kyle Jarvis
Kia Jeffery

Brandon Jenkins
Robert Jewell
Sasha Jimenez
Shatoya Johnson
Damian Jones
Kandice Jones
Keyona Jones
Tashia Jordan
Kerson Joseph
Sarah Kaeble

James Kashmanian
Shamella Kearse
Natal`A Keefe
Liam Kelly
Kasia Kenney
Brandon King
Linsey Klich
Molly Kong
Vova Koval
Gregory Kupiec

Ashley Lafayette
Francisco Lafontaine
Hien Lam
Jonathan Lamoureux
Britney Lampro
Tiffany Lapan
Brianna Laporte
Amy Lee
Hafsa Legree
Raabiyah Legree

Kayleigh Lemoine
Jaida Lewis
Jesse Lewis
Bianca Lopez
Christopher Lopez
Emilio Lopez
Hector Lopez
Jonathan Lopez
Peter Lopez
Tiffany Lopez

Denise Luna-Figueroa
Joel Maldonado
Ricardo Maldonado
Michael Marte
David Martinez
Francisco Martinez
Kyle Mascaro
Dylan McCarl
Bryana McIntyre
Breanna McKinney

Stephen McLean
Jeffrey McNamara
Kiara McNamara
Kristen McRobbie
Ogaga Meade
Anthony Medeiros
Brianna Medina
Dashir Mendoza
Noel Mihan
Melquan Miller

Sara Miller
Anyssa Mock
Isabel Monteiro
Carlos Montes
Idris Montesdeoca
Angel Morales
Jose Morales
Justina Morales
Danielle Morin
Phylicia Morris

Sergio Moskowitz
Jonathan Murphy
Jasmine Myers
Sasha Negron
Katherine Nicasio
Justin Nicholas
Anthony Nieves
Robert Norman
Jesse Nutting
Emanuel Ocasio-Ramos

Mara Olmeda
Jovan Oquendo
Tamara Ortiz Diaz
Tatiana Ortiz Diaz
Stephanie Otero
Wilanie Oyola
Julie Packard
Tanisha Palmer
Jonathan Pedraza
Joseph Pelletier

Shane Pelletier
Anthony Penna
Jonathan Perez
Karina Perez
Jimmy Pica
Ashley Potter
Callie Pretlow
Jose Principe
Edgard Ramirez
Kristen Ramirez

Cydmarie Ramos
Channa Reed
Arthur Reynolds
Luis Reynoso
Heidi Rheaume
Alicia Rivera
Dominique Rivera
Duan Rivera
Edanry Rivera
Jocelyn Rivera

Joshua Rivera
Victor Rivera
Brandi Rodriguez
Jonathan Rodriguez
Meagan Rodriguez
Kimberly Roldan
David Rolon
Jamie Rooke
Jonathan Rosado
Krystl Ross

Jordan Roy
Jonathan Rubio-Rivera
Lashly Rucker
Gabriela Ruiz Flores
Allie Ryan
Ashley Sanchez
Victor Sanchez-Pagan
Kiarra Sanders
Kiomarie Santiago
Natasha Santiago

Jesha Santos
Maritza Saxer
Shatara Scales
Freanni Scott
Kayla Serafose
Johnathan Serras
Andres Serrano
Diana Sewatel
Kiana Sharp
Nathan Shea

Robert Shea
Serena Sheffield
Marquia Slater
Jasmine Smith
Jordan Smith
Joshua Smith
Haley Snelling
Timothy Soovajian
Brittney Sowa
Shane Springer

Kaila Sullivan
Saleena Supersad
Drystal Swan
Kaitlin Syner
Antonio Thomas
Patrick Thomas
Tylor Thomas
Dwan Thompson
Alexander Torres
Fabian Torres

Kyle Torres
Leslie Torres
Tin Tran
Caitlin Turgeon
Ashlee Turner
Aimee Ullery
Jonathan Vadi
Christian Valle-Rodriguez
Arnold Vargas
Brandan Venne

Anna Volain
Tyson Walters
Brandon Washington
Stephanie Watts
Jasmine Weaver
Ashley White
Derrick Whitley
Nicholas Widmer
Shyrria Wiggins
Anthony Williams

Emily Williams
Ashley Willingham
Amani Willis
Jade Wilson
Randy Wilson
Tanisha Wright
Kathleen Wynne
Ashley Yang
Sajean Yarns
Ciarah Youmans

Kiarah Youmans

Are You Unique?

1. Back It Up - As junior Daniel McCarthy showed off his double jointed skills he shared with us, "I call this my chicken wing."

2. Funky Fresh - As junior Alta Gracia Barreros stood with her stylish friend junior Anexis Briscoe she exclaimed, "I like dressing to stand out."

3. Freaky Flexability - "My family owns a karate school so growing up I've always been flexible," stated freshman Ruben Gonzalez.

What Lunch You Got?

The school cafeteria had changed so much this past year, it was almost unrecognizable. This year the tables had been changed. Instead of the regular mix of long rectangular and circle tables, there were only rectangle tables available. "I liked the circular tables better. It was a place where me and my friends would gather, talk, and see each person. With the rectangular ones, I can't even see all of my friends," said Raiza Ramos '09.

Besides the change of tables, there was a change in food. The school displayed healthy food menus, and more choices for a school lunch. The snack line even included healthy foods. "The best thing about the changes in the food was the pizza line, it was the best idea ever. If I don't like the school lunch, I always have the pizza line as my back up plan," said Andrew Ryan '08.

The cafeteria was a really important part of the school. It was where the students could get a break from the hard demands of the school day and finally relax. Students could enjoy themselves. "It was a place where I can socialize and let myself be free." confessed Amy Contant '09. by Cassandra Tetrault

Snack Attack - School lunch isn't preferred by all. "I'm very glad that we have the snack bar back- school lunch is horrible," junior Alex Velazquez proclaimed.

Ice Ice Baby - As freshman Tavis Lingley slurped on his new cool drink he expressed "Slushies are a good cheap snack."

Too Close for Comfort - Not only were the hallways crowded, but so were the jam-packed cafeterias. junior MIchael Whalen responded to the issue, "There are so many people and not enough seats."

One Girl and a Pizza - As sophomore Camille Gonzales anxiously waited in line for a delicious slice of pizza she stated, "The lines are going way faster than last year."

A Taste of Central - Waiting in a line isn't always a bad thing thought freshman Kyle Parrott. "It's a long line but it's worth the wait," he exclaimed.

Cesar Acevedo
Steven Acevedo
Thalia Acevedo
Yarilee Acosta
Ericka Agron
Brian Aguasvivas
Susie Aguenda
Angelica Aiello
Amal Al-Monla
Kwesi Albury

Gerson Alfaro
Giselle Alicea
Taisha Alicea
Jose Alifonso Dejesus
Jalesa Alston
Harry Alvarado
Nessa Amaker
Alexander Amoako
Gabriel Anderson
Asianna Andrews

Dominique Andujar
Nicholas Angelica
Ivelisse Aponte
Maitee Arocho
Jan Arroyo
Eric Arsenault
Trisha Arsenault
Courtney Ashe
Krystal Ashey
Tyniesha Atkins

Colleen Au
Nathan Aviles
Adriana Ayala
Victor Aytche
Brittany Babbie
Andreka Bailes
Kavaun Bailey
Shaun Bailey
Bemnet Banks
Lashawnda Barnett

Erik Barrera
Keith Bass
Jonathan Bayron
Alicia Belden
Jonathan Blackman
Andre Blanton
Ari Blanton
Jessica Blinn
Shavon Bolden
Irma Borges-Medina

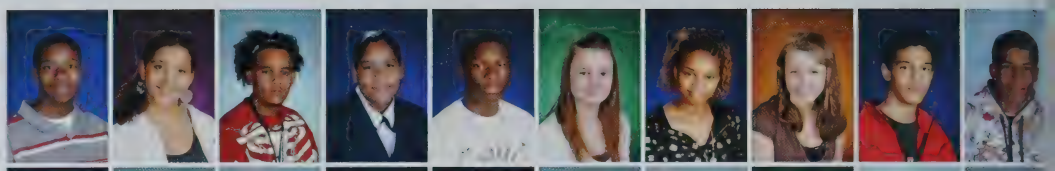
Kaitlyn Bouffard
Paige Bowler
Cayla Briggs
Anthony Brooks
Hakeem Brown
Jemar Brown
Taylor Brown
Veronica Brown
Lamontique Brumfield
Matthew Brunelle

Civic Burston
Frederick Byrd
Canh Cao
Alexis Cardona
Tyler Carnevale
Alfredo Carrasquillo
David Carrasquillo
D'Asia Carter
Michael Carter
Jennifer Carty

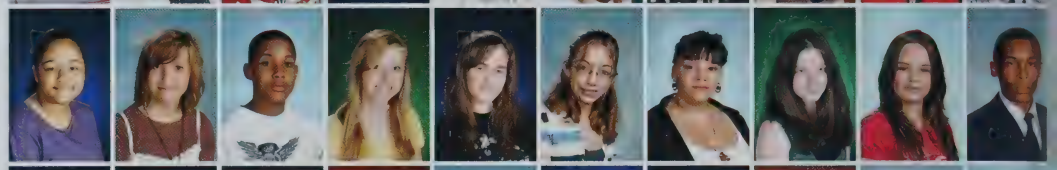
Nicole Cassesse
Luis Castro
Deja Caulton
Joshua Chamorro
Alan Chanvong
Bianca Charles
Cassandra Chartier
Thomas Cina
Kyle Clarke
Ginaliz Claudio

Vanyeline Claudio
Jordan Clemons
Andrew Clough
Tylia Cole
Kassandra Colon
Miguel Colon
Thomas Conniff
Mark Correa
Kenneth Cortez
Shawne Couture

Fre Cox
Karina Cross
Justin Cruz
Assia Cumby
Layton Dallas
Alissa Daviau
Desiree Davis
Amanda Dawson
Gary De La Cruz Martinez
Angel Dejesus Chavez



Angela Dejesus Chavez
Bridget Delaney
Isaac Delaney
Molly Delaney
Karla Delannoy
Kayla Delvalle
Kimberly Delvalle
Abigail Demars
Megan Demers
Keon Dickerson



Kiara Douglas
Marissa Douglas
Tionna Downie
Kaamiesha Dunham-Taylor
Andrew Dupree
Clarence Dykes
Shaquille Echols
Othniel Edwards
Edwin Enriquez
James Epps

Aracelis Espinal
Elizabeth Espiritusanto
Dara Everett
Maxwell Fair
Sarah Falconer
David Feliciano
Michael Fidalgo
Isabel Figueroa
Jennifer Floran
Jasholin Fogg

Andrew Fontaine-Desorcy
Jonathan Fontanez
Brandon Ford
Eileen Foster
Timothy Freeman
Ksandra Froneberger
Stephfon Froneberger
Michael Gainey
Brianna Gallucci
Angela Garcia

Jonathan Garcia
Trisha Garcia
Alexsa Gates
Fabien Goffe
Estavon Gonzalez
Giovanni Gonzalez
Ruben Gonzalez
Shanice Gonzalez
Arcangel Gonzalez Bonilla
Luis Gonzalez Bonilla

Christopher Gordon
Rashell Gordon
Danielle Graham
Jerrell Grant
Brandon Green
Jonell Green
Lester Green
Tawana Greene
Tristan Gregory
Chantalle Griffin

Cynthia Ha
Bianca Hagen
Chandler Hardye
Orlando Heredia
Aida Hernandez
Bealisse Hernandez
Efrain Hernandez
Albert Hernandez Jr
Patricia Huntoon
Christina Hurst

Jonathan Irish
Arianna Izzo
Ayana Jacobs
Chantal James
Derek Johnson
Jared Johnson
Nathaniel Johnson
Sakye Johnson
Theodore Johnson
Jasmine Jones

Underclass Achievements

They may have been young, but they let their talents shine through.

Central High School was full of over-achievers, but did you notice that a high percentage of them were underclassmen? That's right, seniors weren't the only ones in school who were recognized for their outstanding accomplishments.

It was not often that you would see an underclassmen taking AP classes, but here at Central, it was more often than anywhere else. Junior Joseph Wysc stated how he felt about being in AP English. "It was a much better quality of education, and there was a lot more interaction between the students and the teacher."

Not only did we see students in honors and advanced courses, but some underclassmen could be spotted on varsity teams! "It was kind of awkward at first, but after you got to know everyone on the team, you started to bond and make long-lasting friendships," exclaimed freshman Natalia Arocho, a varsity player on the Lady Eagle's soccer team.

Achieving high standards and goals took a lot of hard work and time. But when it came to the underclassmen, it was evident that the students went above and beyond.

by Natasha Santiago

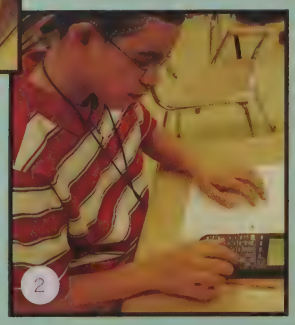
Calling Order - Junior Erin Mulcahey started a meeting as president of the Key Club. "Although I'm younger, being president has gone well for me so far this year. I really enjoy doing it," she stated.

"Playing varsity as a freshman was challenging but worth it. I had to put a lot of hard work and effort into it being younger and not as experienced."
Molly Delaney '11

"It felt good to be a captain as junior. I was sure to rub it in my brother's face because he was only a captain his senior year."
Jason Keefe '09

"I felt incredibly blessed not only to have gotten onto the girl's varsity basketball team as a freshman, but to have also won the state championship." Brisje' Malone '10

1. Ahead for the Longrun - Sophomore Liam Dorin explained how he excelled in pre-calculous. "I am used to the challenge because in Chestnut I was two years ahead in math."



2. Getting an Early Start - As Edanry Rivera put his pedal to the metal in his advanced math class he stated, "I'm good at math and it's a good preparation for college and it will help me go further."

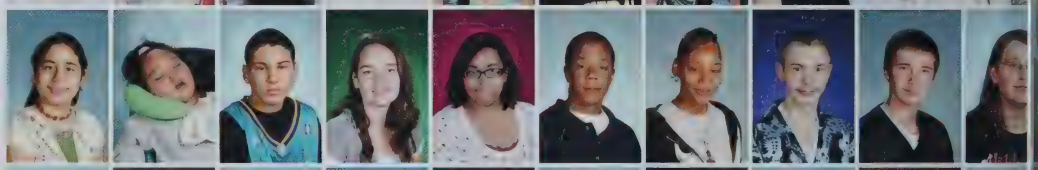
John Jones
Kevin Jones
Kurissa Jones
Nathan Jones
Samantha Jones
Ferry Jones
Daisy Kaboehi
Tre Von Kelly
Steven Khoem
Felicia King

Walter King
Fabien Kouabran
Meagan Lafleur
Ashley Lafountain
Jean Luc Laliberte
Brittney Larck
Carla Lauture
Madona Le
Evan Lebeau
Luis Lebron

John Lee
Tou Lee
Nyasia Legrand
Niya Lemons
Larry Lewis
Rebecca Lewis
Tavis Lingley
Markus Lockett
Thomas Logan
Victoria Long

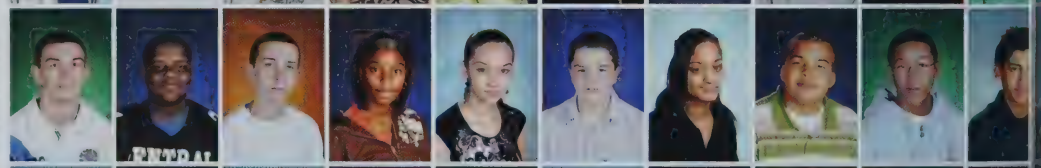
Cyrel Lopes-Norwood
Iris Lopez
Malixa Lopez
Norberto Lopez-Rivera
Gineva Lugo
Loan Ly
Bobby Maldonado
Britney Manzi
Faith Marcotte
Anthony Marin-Rivera

Tarrence Martin
Alberto Martinez
Arissa Martinez
Kaimel Martinez
Rosalin Martinez
Steven Martinez
Suyin Martinez
Patricia Mason
Omar Mateo
Aaric Mathieu



Katherine Matos
Zanika Matos
Irving McCall
Dee Ann McCarthy
Taja McCray
Xavier McCray
Senquisity McGill
Matthew McIntire
Steven McIntyre
Lessa McKellick

Kevin McKinstry
Keven McLaurin
Jan Mejia
Tyler Melchiori
Angelica Melendez
Jovana Melendez
Marc Mercado
Natanael Mercado
Justin Mestre
Keanna Miller



Scott Minalga
Shamarr Minto
Forrest Mitchell
Fatiana Moore
Gloria Morales
Gregory Moreau
Germarys Moskowitz
Leon Moultrie
Nicholas Moultrie
Hassan Mourad

Nathan Murchison
Kwanita Murdock
Cassandra Murphy
Tre Murphy
Brittany Muscato
Sarah Newell
Anne Nguyen
Emile Nguyen
Helen Nguyen
Helen Nguyen

Lanny Nguyen
Thanh Nguyen
Eric Niedermeier
Ashley Nieves
Timmothee Nieves
David Ninh
Tishawn Nobles
Kassandra Nunez
Mildalys Nunez
Shana Nunez

Sarah Oquendo
Jon Ortiz
Jonathan Ortiz
Yancy Otero
Joana Padilla
Jennifer Parrott
Kyle Parrott
Anthony Payne
Megan Pelletier
Ricardo Peralta

Yihra Peralta
Adaly Perez
Bryan Perez
Eric Perez
Gladys Perez
Janei Perkins
Timothy Perkins
Matthew Petty
Kathy Pham
Shila Pizarro

Richard Poirier
Liza Posner
Brittany Powell
Jasmine Powers
Jessica Putnam
Sean Rafferty
Alanna Raiford
Adam Ramos
Yanira Ramos
Octavia Randolph

Mickela Reid
Chauncie Rennis
Ruth Restivo
Jose Resto
Loyda Resto
Jenna Reyes
Melanie Reyes
Dominique Richardson
Malynda Riopelle
Kichaliz Rios

Lionel Rios
Nelson Rios
Andrew Rivera
Angelique Rivera
Chantelle Rivera
Jalitza Rivera
Jesus Rivera
John Rivera
Joshua Rivera
Joshua Rivera

Jovany Rivera
Justin Rivera
Marieliz Rivera
Sarah Rivera
Tatiana Rivera
Timothy Rivera
Keriem Rivera Zeno
Stephanie Robare
Felicia Roberts
Bianca Rodriguez

Camila Rodriguez
Carlos Rodriguez
Dennis Rodriguez
Frankie Rodriguez
Jayleen Rodriguez
Jesenia Rodriguez
Luis Rodriguez
Steven Rodriguez
Tony Rodriguez
Veronica Rodriguez

Imalai Rodriguez Robles
Marquise Rollins
Jessiemar Roman
Daniel Romanchenko
Michael Roque-Hubbard
Dennis Rosa Roman
Carlos Rosario
Wilson Rosario
Jeremy Rosemond
Edward Rosner

Sullymar Rubio-Rivera
Nick Rudzik
Kyle Rusin
Melissa Russell
Kristen Russo
Saphire Saez
Daniel Salgado
Andreina Sanchez
Chelimar Sanchez
Darling Sanchez-Alvarez

Kay'La Sanders
Chazalyn Santa-Colon
Carmen Santana
Shannon Santaniello
Christopher Santiago
Melissa Santiago
Angela Santos
Anthony Santos
Virgilio Santos
Tiffany Savio

Christopher Scala
Calvin Scott
Jalen Scott
Maurice Sewell
Payton Shubrick
Sheila Sierra
Jerome Skelly
Chafonda Smith
Farrah Smith
Natasha Smith

Alassia Snow
Karina Solan
Carmelo Solivan
Francisco Sortocrespo
Chelsea Spakanik
Joseph Spakanik
Cory Speights
King Speller
Adam St Germain
Juanita Stewart

Aaron Stlouis
Sajada Stovall
Lauren Surprise
Sarah Svoboda
Rico Swinton Jr
Amanda Szczygiel
Ashley Tanguay
Joshua Taylor
Sheldon Taylor
Mark Theriaque

Deven Thomas
Latiana Thomas
Narelle Thomas
Valaria Thomas
Jazmine Tirado
Yajaira Tirado
Angelica Torres
Gabriel Torres
Joi Faith Torres
Raul Torres

Lucky Tran
Angelina Trudell
Kayla Ullery
Raymond Valentin
Alexandria Vazquez
Coranna Vazquez
Javier Vazquez
Sacha Vazquez
Christian Vega
Ezequiel Vega

Kyle Velez
Sammy Vicente
Maria Vivenzio
Mariam Volobueva
Dominique Waldron
Jalen Walker
Rosemary Wamaitha
Justin Ware
Daquan Warrick
Hilah Washington

Kimone Wedderburn
Matthew Wentworth
Kaelyn White
Dominick Whitley
Katelyn Whitlock
Sherrel Wiggins
Alexia Williams
Chanice Williams
Ta'Shon Williams
Lindsey Willingham

John Wills
Ryan Witkop
Jasmin Wolmart
Chantel Wynn
Mohamad Younes
Xiang Zhao

In Between Classes

Central students scurried throughout the halls to make it to class before that dreaded bell rang!

Here at Central students had exactly four minutes to get from one class to another. Many students tried to get their personal things done and run to class before becoming late. Some students just went to their lockers to get their textbooks and binders. Others walked around, just spent time with friends, or caught up on the latest gossip.

Some students were social butterflies. Crystal Sanchez, being one, stated, "Between classes I go to my locker and talk to my friends as fast as I can before becoming late." Suyin Martinea, a freshman, quoted, "I like saying hi to my friends. We usually go to my locker and talk about boys." Others rushed to class so fast they tripped. "I fell down the stairs while rushing to class. It was a bad fall, but I made it to class on time."

At Central some students were concerned with getting to class early, while others were just concerned with socializing. Everyone had one goal in mind, and that was to beat the bell.

by Badran Khatib

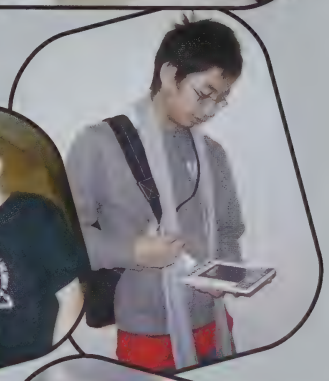
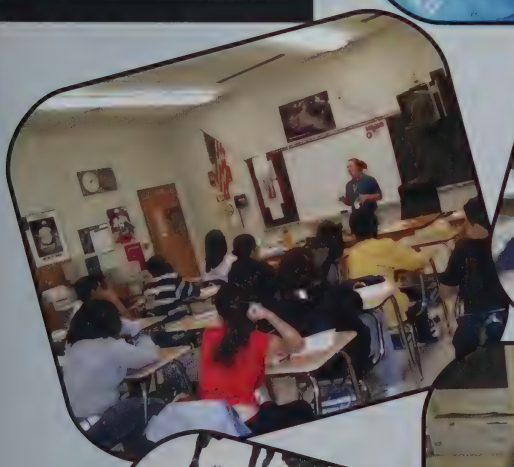
Socializing in the Halls - Neil Tokarski could be seen mingling with his friends in between classes. "I catch up with my friends in the halls to see how their day is going, and to hear the latest gossip."

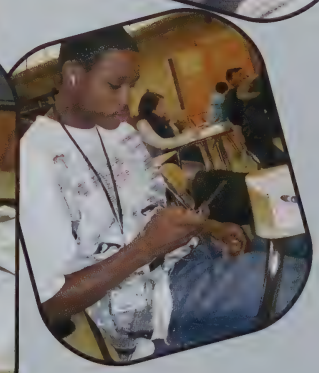
Love in the Hallways - As junior Ashley Taylor left her class the first thing she thought about was meeting up with her long-term boyfriend Tim Murphy. "We share a locker, so we meet up after every class and walk there together."

Class of 2011

Class of 2010

Class of 2009



First Day Freshmen

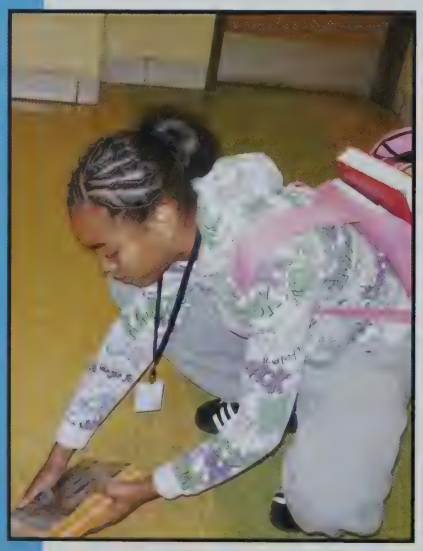
Pick on Someone Your Own Size! - Freshman Matthew Wentworth is often judged by the way he looks. "Many people think I'm only in fifth grade," Matthew exclaimed.

The freshmen came into the scen bursting into the lime light!

What do you like best about attending Central High School?

"One of my favorite things about attending Central is the pizza."
Alexandria Vazquez '11

"My favorite thing about attending Central is the gym. It's nice and big."
John Rivera '11



They're in the Dark - New-comer Peyton Arocho explains the hardships of being a freshman. "Between finding new classes, and carrying such a large workload, freshman year turned out to be a lot more difficult than I expected.

The transition from middle school to high school was too much to handle for some individuals. Adjusting to new teachers, peers and surroundings was hard work. Trying not to get lost in a school big enough to fit 2,100 people and learning the "ins" and "outs" of high school life seemed to be crucial issues for freshmen.

Freshman Ricky Poirier exclaimed "Central looks big from the outside but I never thought that it would be this big! Getting to classes on time and trying not to get lost was hard. There were so many people in the halls that it was easy to get caught up with the crowds."

It seemed that Central, with all of its twists and turns, proved to be a confusing environment for freshmen. Freshmen Devin Williams commented, "I can't count how many times I've gotten in trouble for being late to class because I either got lost or couldn't remember my schedule."

Most students were excited to partcipate in one of Central's many sports, such as freshman Alexandria Santiago who remarked with a smile "I can't wait to play volleyball or soccer. I heard that Central has a really good reputation for their sports, and I'm anxious to join a team." Some were even excited to do the work. Colleen Au, a freshman, who says she likes to stay on her "A" game remarked, "I want to bring in my homework on time, and try to study a little more so that I can keep my grades up and hopefully join the National Honor Society next year."

With only three years left before another journey begins, the freshmen will learn the necessary information that will help them succeed in the adult world but also be able to have tons of fun along the way. The freshmen are welcomed with open arms into the Central High School family!

by Anna Alleyne-Lovell

Body Art

Students used piercings and attoos to let their true light shine through.

Body art has grown to be a popular and fashionable statement. It has become an expression of our indivduality, personality, ethnicity, and uniqueness. They fascinate a variety of people; no wonder countless adolescents have them.

Although some parents may interpret this as socially unacceptable, L`Oreal Landon thinks otherwise. "After all, body piercing has become a tradition. My mother and I take a visit to the tattoo parlor every year to get an additional piercing on my birthday."

Tattoos are just as popular as piercings. Junior Theresa Powers recently got a tattoo. "My tattoo wat custom made and designed by me, and it is a depiction of my unquestionable affection for nature."

Nevertheless, this type of art has brought some advantages and disadvantages for body art fanatics. "People take a glimpse at me and are swift to characterize me as a naughty boy. However, I am honestly a sweet, humerous and friendly guy," confesses Anthony Bonafilia. As for Angela Buxton, this sterotypical view does not affect her. "Piercing has allowed me to be creative, not only when matching my outfits, but in accenting upon my originality. The opportunities for self-esteem have become endless."

Tattoos and piercings have become a part of our culture as Americans. It has become a representation of our existence, ideas, memories, goals, and will continue to do so for colorful years to come.

By Evelyn Maame-Esi Ansah

Living in Tune - Senior Amanda Stewart showed her permanent affection for her favorite music artist. "I got the tattoo because it's one of my favorite band's album covers."

"My gauges make me unique and make me stand out from everyone." Andy Maccini '10

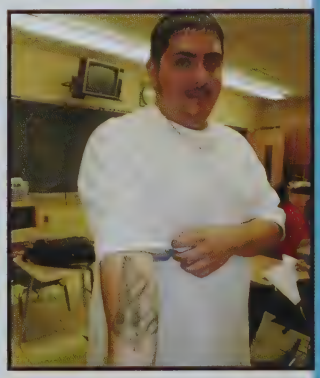
"I got my tattoo because I have wanted one since I was a little kid." Christian Cicero '08

"My boys Justin and Ardian thought of the idea for my crazy tattoo and drew it. It worked out well."

Anthony Bonafilia '09

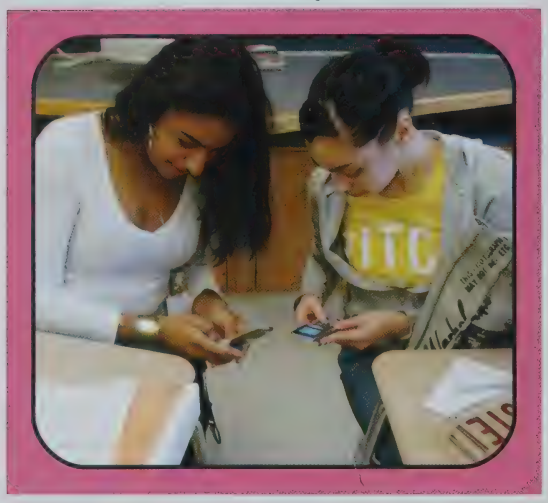
"I got my tattoo idea from my father. I think the idea is really cool, and very original."

Anthony Lennaco '09



Living on the Edge

Students obeyed the school rules or faced the dark consequences.



Undercover - Sophomores Bianca Lopez and Yasmine Cruz always kept their phones hidden while they texted away in class. "My phone is my life," admitted Bianca.

1

Which school rule would you abolish for a day?

"I would change the tardy rule for class. It is difficult to get to class within four minutes."
Angelica Aiello '11

"For a day, I'd like to be able to bring in outside food, because the breakfast and lunch here is not always appetizing."
Elissa Carney '10

2

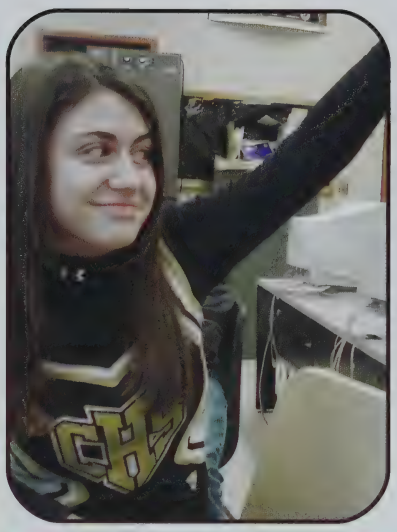
1. Frisky Business - Freshman Malynda Riopelle stopp Scott Minalga from giving her a smooch in the open ha "Don't kiss and tell," she later advised us.

2. Pull Your Pants Up! - As sophomore Andy Maccini hu out at lunch he was reminded to pull those baggy pants "I don't try to make my boxers hang out, it just happens dress comfortably," he remarked.

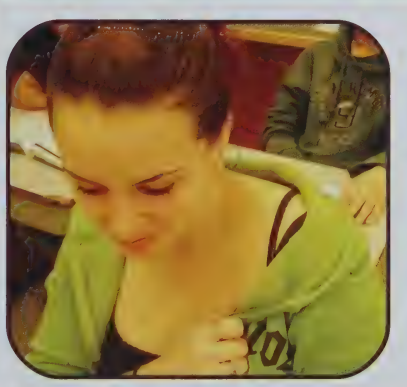
This year at Central High, school rules were enforced at a new level. "I think that school rules are too strict and they need to lighten up on us," remarked junior Kevin Watte. Most students at Central agreed with Kevin that rules were more of an annoyance, rather than a necessity to keep order. The administration decided to crack down early this year, sending out a connect-ed message about cell phone use and the I.D. policy before school even began. Although many hated these rules, others thought they were appropriate. "I.D.'s are important to wear because they keep us safe, but many teachers of mine had not even checked me for mine all year." remarked sophomore Steven Farnham.

It was common to perceive rules in a negative light, but it was usually because people were unaware of their purpose. Students may have thought the rules were annoying, but in reality these rules were here to keep us safe and prevent disruption.

by Carrie Soule



Raise Your Hand - Junior Jenna Feeley showed off her polite skills by raising her hand to speak in class. "I always try and follow the rules in all my classes because I support them. I think having rules makes a class less disruptive."

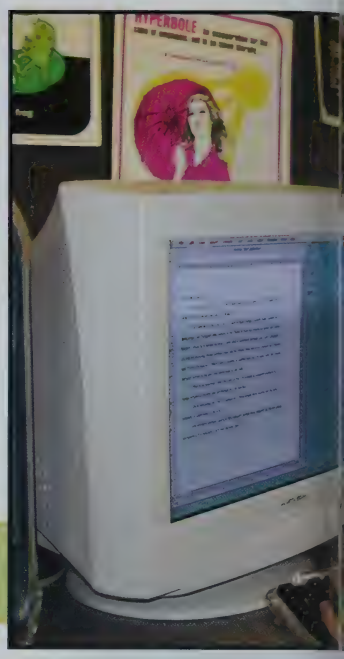


Cover Up - Junior Rachael Green made sure to bring a sweat shirt to cover up those spaghetti strapped tank tops that are clearly not allowed. "I understand why they have the dress code rule, but it doesn't make me like it any better."

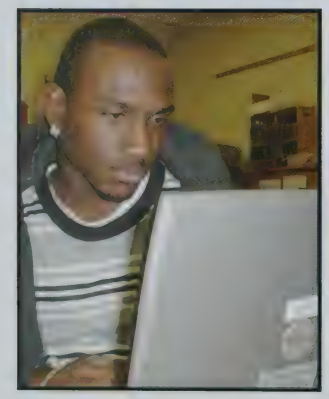
We Won't Wear 'Em - As the students rebelled by throwing their I.D.'s on the floor junior Vedrana told us, "Having an I.D. really doesn't make a difference because anyone can still walk in."

AYO-technology

Students at Central get down with their gadgets!



Lights, Camera, Action! - Brianna Taylor uses a video camera to shoot a piece for video class. "It's fun to see how real life television works, plus it's really interesting."



Technological Advances - "I think the use of laptops in the classroom is very cool and [illegible]," commented Tyrell [illegible].

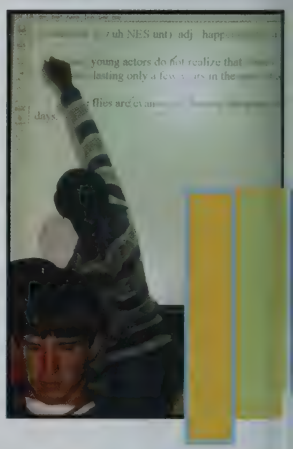
In this building, technology varies from the outdated computers that clutter the classes, to the sleek gadgets and gizmos the phone companies supply to their customers. "I love how everyone doesn't have a cell phone," joked senior Yelena Gorbovets. Did banning of mobile devices mean cutting off the outside world, or more focus in the classroom? Whatever the answer was, it was definitely not found on the screens of the school computers. "A lot of kids can't afford computers, and they can't always use the ones here, so what then?" asked junior Linda Le.

Of course, there were many new programs integrated into the system in hopes of improving learning oppurtunities for many. Brand new wireless laptops were very handy for quick jobs. Since they were running on Windows XP. The only downside was that they were few in numbers, and only available in a few classrooms. Senior Thomas Pavlu, who also is involved in the school's morning show commented on the brand new XP technology saying, "students can have experience with non-outdated stuff, which is great!"

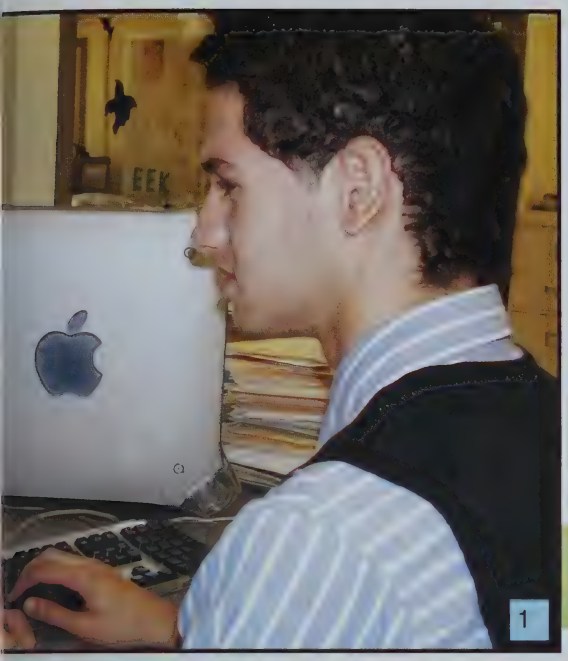
Ms. Mackie, and owner of a projector in her class room for four years, agreed that new equipment ultimately does help students step up their knowledge to new heights.

This year technolgy stepped up its game all around Central High School. It improved learning in every area of academics, and hopefully we will continue to aquire more technical advances.

by Nino Volobueva



Teaching Tools- Ms. Mackie explains the helpfulness of her smart board, "I like the smart board because it is helpful when I need to explain complicated ideas to my entire class."



How do you feel about the ban against all the electronic devices in school?

"I think the ban on electronics at this high school is really dumb. I had always enjoyed playing on my PSP during my down time."

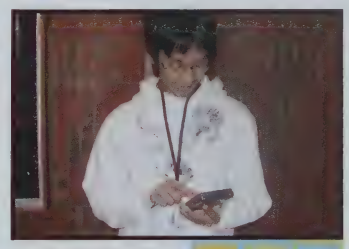
Mikhail Klatotskiy '09

"I think the cell phone ban is stupid. I need my cell phone with me afterschool in case I need to stay after and need a ride."

Dayshawn Brimfield '10

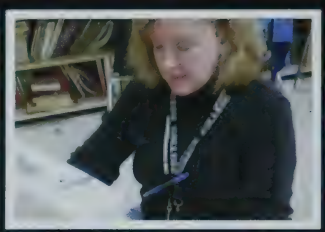
Checking In - Junior Marques Brace couldn't live without his flashy phone. "It allows me to stay in touch with my boys."

Bright Idea - "Technology helps me do my homework, study for a test, and even take SAT's," remarked junior Toan Nguyen.



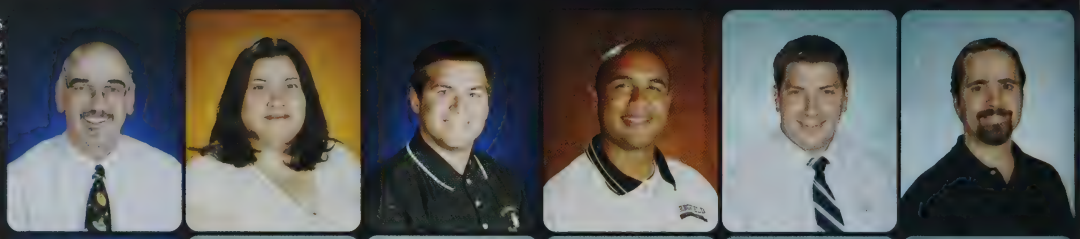
1. Better Than Your Average PC - As senior Frank Rosa wraps up his journalism story he states, "Having the MAC is an efficient way of finishing stories for deadline."

2. Illuminating the Class - "Using a projector improves classroom management because I don't have my back to the students as they're taking notes," Ms. Watje exclaimed.



FACULTY

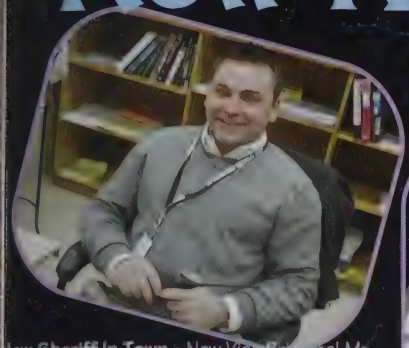
James Adamopoulos
Maria Baez
James Bermudez
Valdemar Brower
Tom Brunette
Christopher Burke



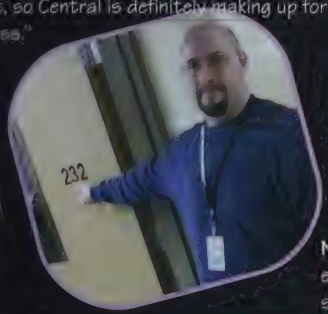
James Carithers
Olga Carney
Cora Carpenter
Suhong Chang
Michael Chiarizio
Molly Clark

Thomas Cleland
Michael Cremonini
Cedric Cunningham
Mena DeCarvalho
Nancy Drury
Jeffrey Dunn

New Kids on the Block



New Sheriff in Town - New Vice Principal Mr. Sullivan explains his feelings about Central; " I miss my old job a lot, but the kids here are great, so Central is definitely making up for my loss."



Teaching in Motion - Dance was added to the spectrum of classes at Central this year. "I'm glad I could share my passion with these kids," commented new dance teacher Ms. O'Connell.

New Places - New teacher Mr. Dunn points to his room explaining, "It's cool to have a room to teach in, something I can call my own."

The 2007-2008 school year brought many new teachers.

Springfield Central High School recruited over 23 additionional teachers.Although it may have been challenging, the new teachers brought a variety of learning aspects, and got through it.

Although the work load was tough, teachers loved the experience. Monica O'Connell, the new dance teacher, quoted, "I've danced my whole live, and i jumped at the opportunity to work with kids."

Clarence Smith, another new teacher explains his experiences with other schools, "Kids are always a challenge, no matter where you go. Central, however, is the Cadillac of all schools. There's just something good about them."

Although teaching is a challenge, Central, in the minds of our new teachers, will never be forgotten.

by Badran Khatib

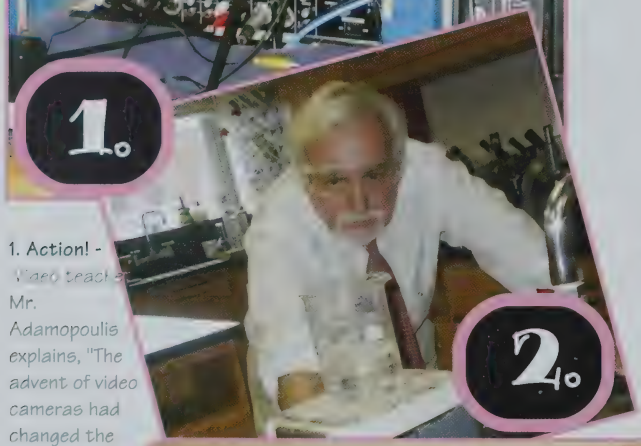
Thy Duong
Luis Fialho
Dawn Fontaine
Linda Gawle
Mary Ghidoni

Rosanne Giavis
Kathlen Gilhooly
Melissa iroux
Anthony Gorneault
Mary Goodwin
Catherine Grygorcewicz

Carol Hogan
Linda Kenney
Jeff Kimball
Kevin Kopec
Steve Lawrence
Barbara Lebida

Living the Dream

Even teachers had to work on their lifetime dreams to get to where they are today.



1. Action! - Video teacher Mr. Adamopoulis explains, "The advent of video cameras had changed the basis of the way everyone views life and culture; from everyday people to television broadcasters."

From veterinarians to surgeons, having a career goal is very important. "When I was younger, I wanted to be ruler of the world because I wanted to make a difference," exclaimed Ms. Barry, who is in her twentieth year of teaching spanish. "I've noticed how I did make a change in students. In the long run, although I'm not a ruler of the world, I'm still making a difference in my own way."

As far as pursuing long time dreams, Ms. Michaels, who teaches English, has accomplished her goal. "I've always liked English and history," proclaimed the teacher in her fifteenth year, "out of the three schools I've taught at, Central has the best kids who are eager to learn and that mak me proud to be a teacher." As a your girl Ms. Duong had an incredible imagination. "I've always wanted to be an astronaut and I still wish to be on I'm always curious," explained the ma teacher who has been teaching for three years. "If I could have another profession, I would open my own business, but I do love working with young kids. In all, I wouldn't change anything about my career choice," admitted Ms. Duong, whose dream is to still have more than one professio

As you can see, there is nothing wrong with having more than one career goal, nor is there anything wrong with changing your mind at the last minute. As long as you stay in school, you can be anything you want to be.

by Jasmine Smith

2. Wierd Science - Examining a boiling beaker, biology teacher Mr. Spina describes his feelings for biology, "There's so much we do know about biology, but so much is still a mystery."

3. Rhythm and Blues - Music teacher Mr. Dandarand expresses his love for music, "Without the existence of music we live in a very black and white world. Music gives us hope for a better tomorrow."

Look of love - Pictured here with mother, Mrs. McCutchen, senior Rachel McCutchen commented, "It's really weird having my mom here, but I've gotten used to it."

All In The Family

Students at Central describe what it's like to have their parents at school as teachers!

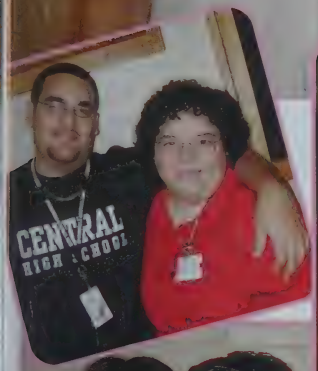
Having a parent who works at the same school as their child can be one of the most akward and difficult tasks a teenager may have to face.

Having a daughter in school doesn't seem to effect secretary, Mrs. Moreau, "I love having my daughter in school because I get to see her progress. It's also convenient because I don't have to worry about her missing her bus!" Her daughter Julie, couldn't agree more. She raved, "I love having my mom here, she helps and supports me a lot."

Sophmore Anna Volain, however, sometimes has a hard time getting over the fact that her mom is a teacher. "It's weird because you don't expect to see them walking down the hallways and there they are," commented Anna.

Whether or not students liked or disliked having their parents work at school, everyone agreed that it's what makes Central feel like such a family.

by Evelyn Ansah



Seperate but equal - Mrs. Volain, pictured above with daughter Anna, commented, "I try to keep things seperate."

Family Portrait - Mr. Reed, pictured to the right with wife Mrs. Reed, explained, " I love having my wife here, but people still confuse me with my cousin Mr. Lynchyn."

Mother and son - Mrs. Ruiz, pictured with son Angel, stated, "I like being here in case he needs me."

Like Mother Like Daughter - Above, with her mother and secretary Mrs. Moreau, Julie Moreau said, "I love having my mom here. It's cool."

John Levasseur
Debra Lindner
Melinda Longo
Diane Mackie
Jean Marvel
Michael McCormick

Anastasia Michaels
Seneca Mitchell
Timothy O'Donnell
Mark Page
Abraham Phelps
Kirsten Reed

Travis Paul Reed
Lori Robinson
Jennifer Rosenberg
William Ross
Rebecca Rowland
Vincent Sansalone

Under the African Sun - Psychology teacher Ms. Watje visited Africa over the summer and commented, "My favorite part was seeing the kids. The people themselves were just so genuine and sincere, it was great."

When in Rome - Italian teacher Mrs. Switzer, pictured in front of the Colosseum, explained, "I love Italy and I'm glad I got to share this experience with my husband and my students."

Clarence Smith
Gerald Spear
Justin Stratton
Sherri Svedine
David Tilley
Holly Tuttle

Olusola Urhiafe
Naomi Volain
Jayla Watje
Caitlin Welz

Holiday in the Sun

Teachers travel the world with their time off.

Summer Fun - While visiting Milan, Italy last summer, Mr. Lenshyn confirmed, "Italy is definitely one of my favorite places, I had such a great time there."

As the final bell rang in June, students began to make their summer plans. But the teachers were the ones who really needed a vacation.

Mrs. Carney, who teaches ELA and history at Central explained, "I've been everywhere: Bahamas, Peru, Mexico, Puerto Rico, and even California!" Most teachers traveled to get away from home, but on the other hand, this well-traveled teacher has had a passion for travel since she was young.

English teacher, Ms. Gilhooly likes to travel to big cities, like New York City. " I go to see broadway plays a lot and I usually stay for about 5 days." New York, being famous for its expensive shopping, however, didn't phase this teacher. "I don't usually buy anything in New York unless I feel it is one of a kind and I really love it."

Traveling abroad was popular. Mrs. Yazbina, a teacher from Russia explains, "I really miss my family, so I try to go back to Russia whenever I have extra money. I'm not sure if I'll be able to go back this year, but the past years have given me a lot of wonderful memories."

Vacations were needed by everyone after a stressful year. Whether you're going to the big apple, or traveling abroad, vacations are a necessity.

by Jasmine Smith

Teacher Coaches

Teacher coaches face brutal hours and exra workloads, to lead our sports teams to golden victories.

Most would think that coaching is a piece of cake, but what could make one think that? Is it the super long hours, the extra workload, or is it how these teachers always boast and brag about their teams? The girls varsity softball team sure made teacher's coaching experience worth while. "The girls gave me a coach jacket. It was so sweet. I cried," said Mr. Moore's assistant coach Ms. Watje.

Aside from all the wonderfully emotional moments, there was also vigorous fitness involved. With such run-aholics like Mr. Bermudez, Mr. Reed, and Mr. Rice, a season full of conditioning and long jogging sessions was unavoidable. "Its fun running with the team because I get to coach and exercise at the same time," stated cross-country coach Mr. Rice.

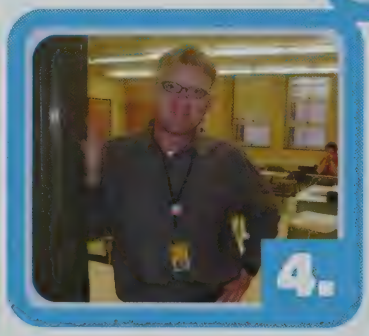
While workouts were great, they also seemed to enjoy the time spent with their students, getting to know them in whole new ways. "The students get to see that I'm not all about math," said Mr. Bermudez, who is a math teacher, football coach, and track and field coach.

Getting up at the crack of dawn and hitting the hay late at night was something all of these educators had to face more than once. A certain swimming meet with Northampton was rumored to be a long and blue experience. "We didn't get home until extremely late," Mr. Rice explained of the boys swim team. Mr. Brookes, on the other hand announced that he took much pleasure in being a coach. "Sports are an expansion of your education," he stated matter-of-factly.

Of course the hours were brutal, and the circumstances ever-changing, but ultimately all of the teacher coaches would agree that they saw a golden opportunity for themselves and their athlete's futures, and that's what made all the effort and hard work so rewarding.

by Nino Volobueva

1. Joys of being a coach - Coaching is a rewarding experience for most. "You get to see another side of the students' behavior, outside of the classroom exclaimed Ms. Watje

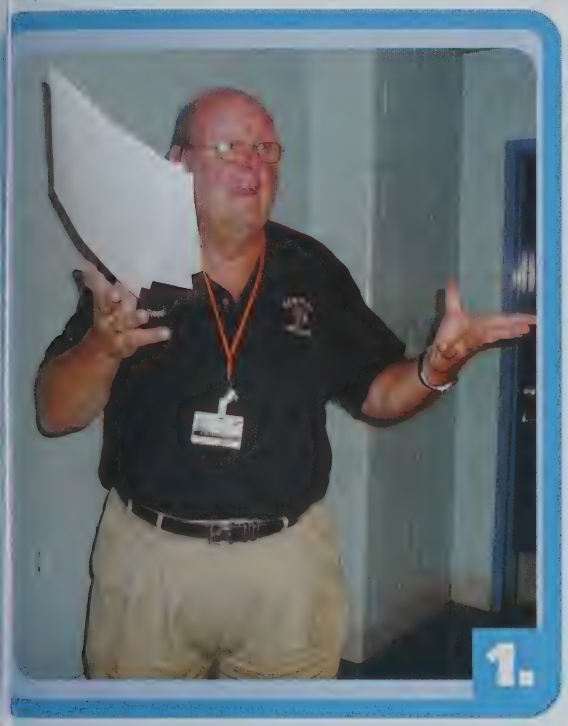


2. Get Your Head in the Game - Golf coach and math teacher Mr. Carlos stated, "I believe that coaching is an extension of the classroom, and it's good that kids are doing something constructive."

3. Standing Tall - Sports are a passion for many people. Softball umpire Mr. Kiah and baseball coach Mr. Brookes agree. Football coach Mr. McGlaughlin expressed, "I love football. It's definitely my favorite sport, and to be able to get students hooked on it and want to be apart of it is really great."

4. Run Like the Wind - Swimming and cross-country coach Mr. Rice described his joys of being a coach, "Coaching presents the challenge of bringing out the best in each athlete.

1. **In Need of Some R & R -** Many teachers enjoy relaxing afterschool. "After school I don't have to be so uptight and proper, I can let loose," said math teacher Mr. Renn.



Life After School

Teachers explain what they do once the bell rings.

When you look at a teacher, you can never tell what kind of person they are. All you know about is their life in school. The reality is that teachers are people too. After the bell rings at two-thirty, they leave school and live life just like the rest of us.

As many students have a school persona as well as an after-school persona, many teachers leave the school code behind them outside of the building. They participate in things that will get their mind off of their job. Mr. Brookes, a health teacher and varsity baseball coach at Central, likes to exercise when not in school. "Exercise, for me, is a big stress reliever," reported the coach. Along with exercising as a hobby, Mr. Brookes is a scout for the Boston Red Sox.

Some teacher's hobbies are hidden, whereas others are private. Ms. Gilhooly, a journalism and English teacher expresses, "I can juggle, I love to swim and I also play guitar at church." Aside from these unique qualities, she also spends time studying the Irish language.

One of the most intriguing hobby has to be that of Ms. Pragluski, a science teacher. Ms. Pragluski competes in triathalons at a semi-professional level. "It's a really good stress reliever, it's good for my health, I love meeting new people and the endorphins are great," explained the teacher excitedly. In October 2007, she competed in the Ironman Worlds in Hawaii.

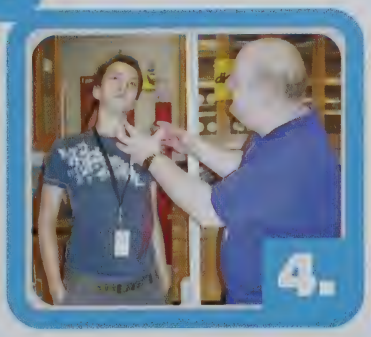
Whether teachers are scouts or semi-professional level competitors, they all have lives outside of school. Teachers may have talents that they share with the world, where others are kept private. However, teachers all agree that having a hobby keeps them sane, when doing a job like theirs.

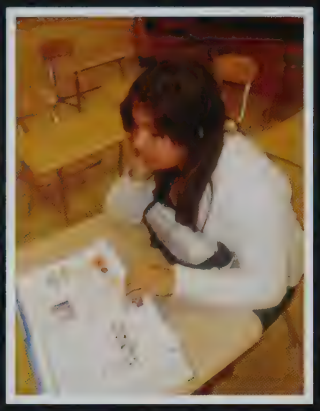
by Mike Ernst

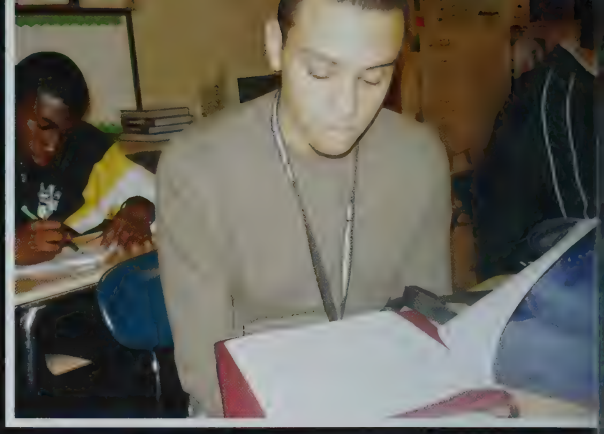
2. **Catching Some Zzz's -** After a rigorous day of teaching, Mr Levasseur expressed simply, " After school...I nap!"

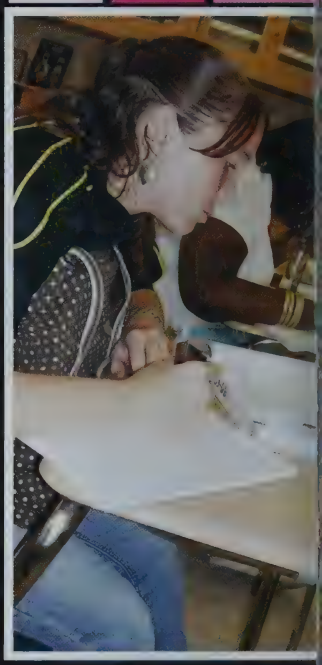
3. **No Time for Slacking -** A teachers' job is never done. History teacher Ms. Galik stated, " When school's done I go home and correct tests and papers."

4. **School, School, School -** While some teachers go home and relax, Mr. Juergens explained, "I'm continuing my education, so after school it's more school!"





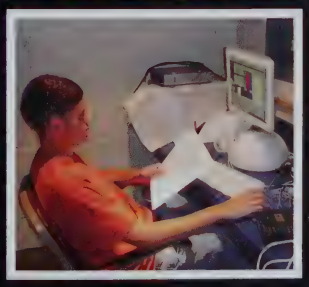




CLUBS & CLASSES

Here at Central High School there were many opportunities for students to find themselves in the variety of clubs and classes. These experiences gave students a chance to explore their personalities and expand their talents, while allowing them to achieve higher goals. Clubs and classes created a unique experience of unity from the community and the Central family. They also provided us with an environment of unconditional acceptance. These opportunities and activities extended the Central family and enhanced our own individual spectrum of colors.

Clubs & Classes Editors
Nicole Nell & Johanna Bonilla



Fall Festival of Shakespeare

The acting group worked hard this fall to perform Julius Caesar.

It's not all glitz and glamour when it comes to acting. Behind the scenes, Central High School students worked night and day to put on magnificent shows that students and faculty could enjoy. Junior Kibbs Fortilis quoted, "I love acting class because it's fun to express yourself." Not only did the audience have a great time, but the cast did as well.

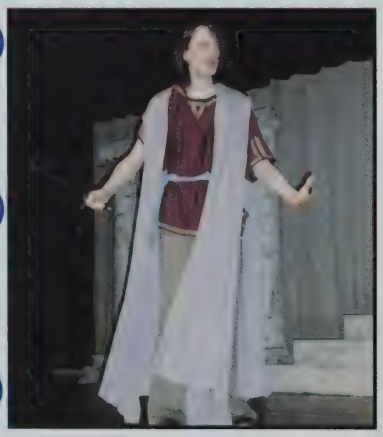
Some students that attended Central High School had been acting since they were young, and even more wanted to pursue it as a career in the future. Sophomore Daisy Kabochi explained, "I have been acting since I was nine years old. Not only is it fun to do, but it keeps all of us kids out of trouble during school."

Many Central students had inspirations as well. The baseball team looked up to major league players and the football team looked up to the NFL players, but Mr. Fialhos acting class looked up to famous actors and singers. "Raven Symone inspired me to become the best actress I can be," exclaimed sophomore Taylor Brown.

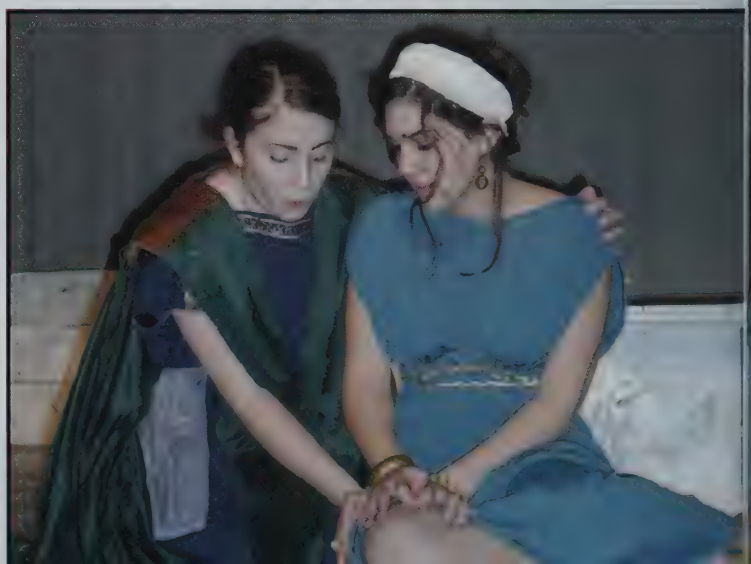
Between the backstage help and the cast on stage, there was a lot of pressure on everyone. However, after all of their hard work and dedication putting on the shows and entertaining hundreds, the cast received a standing ovation. Encore! Encore!

by Ali Bates

Theatre Endorsement - The drama students strongly promoted the acting class this year. Senior Amanda Purchase stated, "It is a great experience and underclass should do it."



Acting a Fool - Senior Maurice Doran, played a lead role in the show, and explained, "I love acting class because you are able to act a fool on stage."

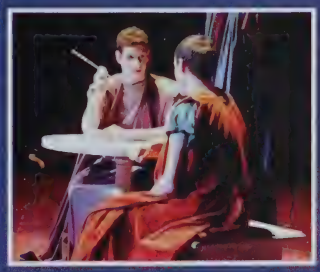


No Prisoners - Junior Carolyn Farnham, right, said, "Acting is amazing because of the power you feel when you captivate the audience."

Top of the Charts - Senior Nicole Cirino bragged, "Doing Shakespeare is one of the best things our school has ever done."

Eternal Encounter - After being involved in the acting classes at school, sophomore Ruslan Adzhigirey said, "The experience I've had here will stay with me for a lifetime."

Joy of the Act - The passion for acting was within everyone this year. Sophomore Elise Thompson projected, "I met a lot of new people that enjoy acting just as much as I do."



Shakespeare Sadness - Senior Frank Rosa expressed, "This was my last year in Shakespeare and I'm really going to miss it."

p Row - Jose Navarro, Nhan Nguyen, Liam Doran, Elise Thompson, Brian Snyder, Emily lliams, Amanda Purchase, Ray Torres, Mairead Carney, Nicole Cirino, Frank Rosa, Nick clos, Ruslan Adzhigirey, Maurice Doran, Carolyn Farnham. **Second Row** - Angela Rivera, eagan Rodriguez, Kathleen Wynn, Molly Kong, Ngoc Chau Vy, Kibbs Fortilis, Yelena rbovets, Evangelia Murray, Kyle Rusin, Angela Buxton, Brianna McCollough. **Third Row** - lleen Au, Cindy Ha, Tayler Brown, Daisy Kabochi, Justin Pas, Stephanie Lynn, Cai Ou, ila Sullivan, Keyona Jones, Brianna LaPorte, Mikhail Klatoksky, Nick Widmer.

All in the Family - The whole cast got more than just acting experience out of the play. "We became a big family in the end," said junior Brianna Mccollough.

1. Leading the Way - All of the ROTC members came together for a football game. "The top seven commanders lead the team in a march to show their school spirit," stated lead commander Daiana Rua.

2. Full Rotation - Senior Dana Brathwaite showed off her skills of spinning the rifle. She commented, "I like ROTC because it helps to develop motivation, determination. and commitment skills." This course was often a way in which many students built character, as Dana explained.

3. Masters in Command - Sergeant Sykes, Colonel Cleland, Chief Oakley, and Sergeant Lawrence all lined up for a picture of honor. Chief Oakley commented, "I feel that ROTC is the best program in the school because of the subjects we teach and the opportunities we offer."

First Row - Agnieszka Wasylik, James Harrison, Matthew Wentworth. **Second Ro**
Amy Forrette, Stephen Hernandez, Joshua Rivera, Dwan Thompson.

The Sound of Honor - The Drum Corp combined drums and military servic
Sophomore Amy Forrette commented, "It's the best combination."

UNIFORMS in BLUE

As most Central students prepared for their college years by receiving scholarships for sports and excellent grades, ROTC students were recognized for their military skills. ROTC meant honor, respect, responsibility, discipline, and that is what the course showed the students. Senior Kilsey Valdez expressed her feelings on the class. "I took this course because it looks good on your college applications and it's a wonderful experience," confessed the proud senior.

With a clean uniform, and knowledge of history, the strongest students moved up through the ranks. Being an AS4 in ROTC, senior Anthony Santiago explained his role as being a leader. "I enjoy giving orders and getting the earned respect from other participants. I still remember when the recruiters came to my middle school and how much I enjoyed their presentation. Until this day I still do enjoy the program." Freshmen like Steven Jones have a lot to look forward to and benefit from the class. Steven, first time ROTC member explained, "It's preparing me to be a better citizen of the United States and it's preparing me for my future."

Whether they were freshmen or seniors, it seemed as if ROTC was the perfect opportunity to prepare for what may come and lay the foundations for a bright future. It was never too late to get a head start for the big world.

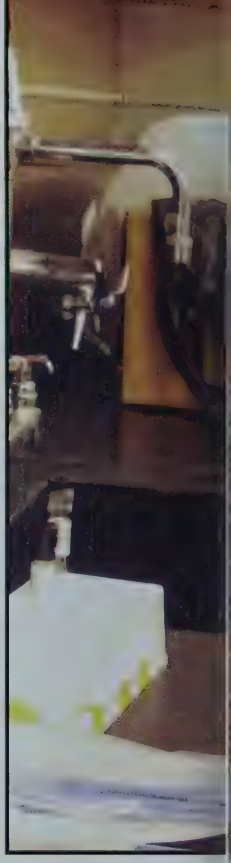
by Jasmine Smith

Staying in Check - Senior Jean Lopez checked his list to make sure the cadets were in place and graded them on their performance. "ROTC is great because it helps teach leadership skills," he said.

Inspector Gadget - Senior Daiana Rua helped senior Orlando Pizzaro fix his uniform for an inspection. "Everything has to be in perfect place," Orlando stated.

Present Arms - Senior Carlos Rodriguez displayed his rifle. "This is called present arms which is shown for respect or a position of honor to higher ranking officials," he explained.

Standing Out



Students challenged themselves by taking Advanced Plancement and honors courses.

There was a large variety of courses available to the students at Central. As there were many classes, there were also many levels, at which every student was capable of learning. Students had the opportunity to take Support, College Prep, Honors, and Advanced Placement level courses.

Many students thought of the future when choosing their classes for the year. Advanced Placement, or AP, classes were a good choice. They offered the chance to earn college credits if the course and AP exam was passed. Senior Evangelia Murray prepared for her future in advance. "I take AP classes so I can get credits and take better classes in college," she confirmed.

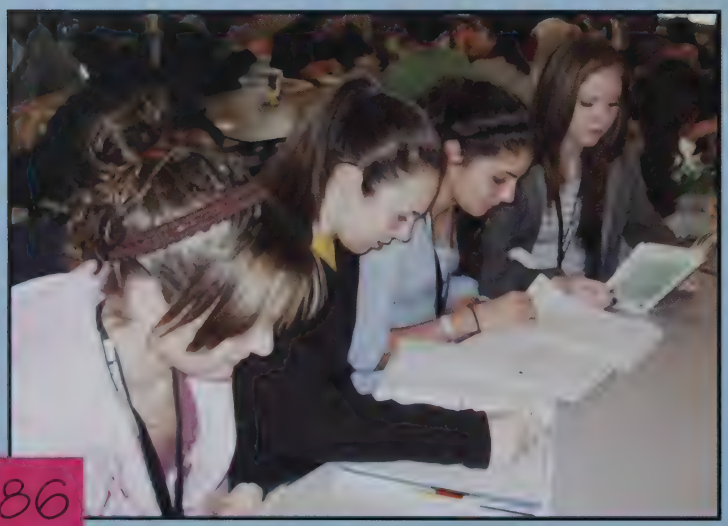
Although credits were something to keep in mind, there were other things to evaluate when choosing more advanced classes. The size of classes determined how well the student performed this year. "Honors classes are more up to speed for me since there are less people in the classes," stated junior Dong Nguyen. Large classes made it more difficult for some to succeed due to the crowded environment. This was one less problem that honors students had to worry about .

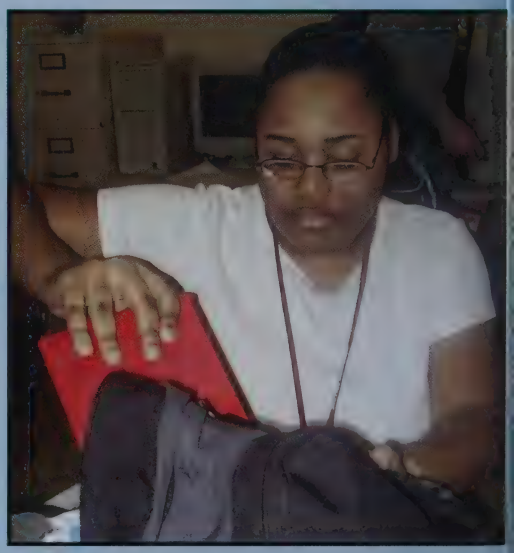
Some students wanted to overcome obstacles, and they demanded for a challenge. Nino Volobueva is that type of student. "I love how AP English digs deep into the language and gives you a different view on the world," the junior pronounced.

Students who strived to excel at the highest level benefited the most from their hard work and were already prepared for college. It made them better students, and nothing could compare to such an experience that honors our true colors.

by Mike Ernst

A Side Dish of Studying - Freshman girls Paige Bowler, Marissa Douglas, and Ashley Tanguay sat at lunch and did extra studying for their History Honors exam. "I like how we learn more than other students would in a regular College Prep class," admitted Paige.





Heavy Duty - These advanced classes not only require mental strength, but physical strength as well. Senio Tiera Wright exclaimed, "I hate hauling the big book around!"

are to Achieve - Senior Shayne Williams explained, "I like taking challenging ourses. It helps me to prepare for college and help me better as a tudent," as he performed a laboratory experiment in his Biology AP class.

"I believe that taking AP and honors classes in high school will prepare me for college and save me money if I pass the AP tests."

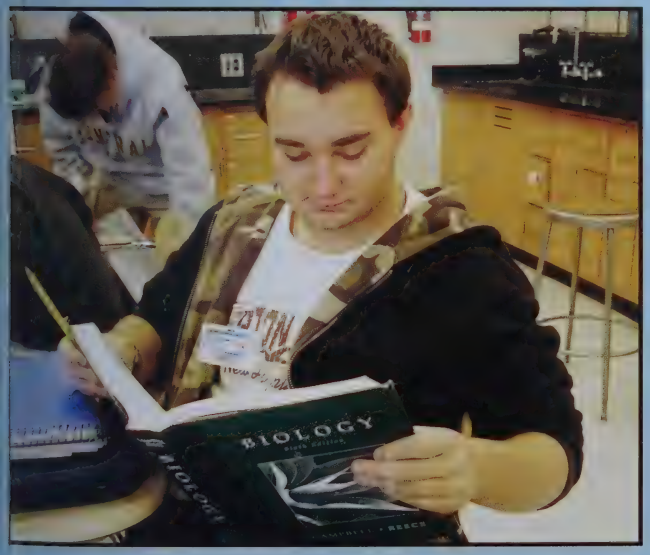
Cai Ou, Grade 12

"I like taking honors English because it's fun to touch upon a lot of political subjects that are going on in the world."

Erik Casey, Grade 10

"I took AP and honors classes especially during my senior year because it will look good on my college application."

Christopher Santiago, Grade 12



Brighter Path - Students like senior Xavier Moson, above, strove to make their future a shining one. "I want to be successful in the future and become a pharmacist. So taking Biology AP will help me learn more," he stated.

"I think that taking honors classes is challenging, but very exciting. Most of all, they are extremely rewarding in the end."

Ngoc-Chou Vy, Grade 11

"Taking these classes are going to help me prepare for my junior year. Plus, they will look good on my college applications."

Jasmine Smith, Grade 10

Breakin' It Down - Above, senior Michael Diaz showed off his break dancing moves. "Dance is an art and my body is the tool," he stated.

Future Star - Senior Nelly Rivera explained how music helped her express the way she felt and how it affected her life. "It's such a major part of me, and I promise you my name will be in lights one day," she said.

CHORUS & DANCE

"Singing is fun and it's something I love to do."
Kevin Rodriguez '09

The Dance Ensemble was not only about dancing but how people discovered themselves through dance. It was not only about the moves they performed, but also the emotion behind it all. The Dance Ensemble gave students a chance to do, for some, what was their passion. "This group is not affiliated with the dance class, rather it is an extra curricular activity for students who love to dance," recited Ms. O'Connell. This class helped Central students express themselves through a variety of dances. " We dance to swing, jazz, modern, contemporary, and more," confessed Amanda Melendez.

The Dance Ensemble gave students the opportunity to perform at certain school functions. Senior Ashley Charles stated, " We performed at the Christmas concert." This group consisted of eight students, they practiced twice a week and during vacations as well. The Dance Ensemble was a great way to stay in shape and have fun!

The Madrigals was a singing group that was also an independent organization. In order to be a part of the Madrigals students had to audition and be chosen for it. The twenty-two seniors were led by Ms. Parks, the conductor. She commented, "I enjoy having these great students singing at state festivals, where they can compete and be the best they can be." Senior Michael Diaz quoted, "Even though this is my first year in the Madrigals, I like performing, and theater arts inspires me to sing."

The Madrigals and Dance Ensemble both brought joy and excitement to our school and students. Everyone who participated in these organizations let their true colors shine through their own expressions of art.

by Natasha Santiago & Badran Khatib

The Madrigals
First Row - Molly Kong, Kandice Jones, Eilish Thompson, Iesha Santos.
Second Row - Rachel Green, Nelly Rivera, Kathleen Wynne, Michael Diaz, Taneisha Mings, Kayla Motto.
Third Row - Melanie Albrecht, Ben Wright, Mike Austin, Ricky Santiago, Ashley Charles, Kevin Rodriguez, Nick Duclos, Christopher Santiago.

Show Time - Junior Kayla Motto pairs up with first time dancer Chris Meminger in a routine for their upcoming dance show. "The Dance Ensemble is the best thing that Central has to offer," explained Kayla.

Perfect Pair - Juniors Tyree Brontley and Kamari Schoolfield make a great team in performing difficult lifts like the one above. Tyree stated, "We dance together outside of school so we practice a lot together."

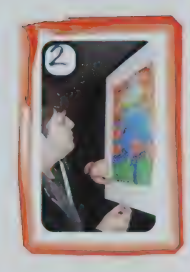
From the Heart - Junior Nick Duclos loves being in the Madrigals, especially with his favorite teacher Mrs. Parks.

Dance is Life - "I've always loved to dance and I plan to do it forever," stated sophomore Jocelyn Rivera.

Up close and personal . . .

Looking Bright - Junior Melanie Albrecht looks forward to chorus class to escape from her bad days.

Let's Get Physical - "I dance to express my emotions in a physical way," proclaimed Senior Deon Brown.



1. Senior Patrick LaVoie explained "It was very rewarding and it will help me get into a good art school."

2. "The art show was a great experience for everyone," quoted sophomore Robert Norman.

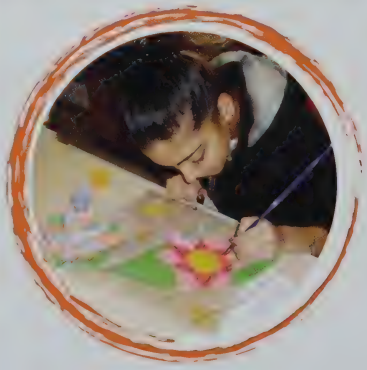
3. Junior Jonathan Vadi expressed, "I love graffiti. The rush is so exciting."

4. "Art is calming and soothing. It gives you a chance to use your own imagination," explained junior Keishla Rotger.

5. Senior Abimelec Alicea stated, "I like how art is a very hands on class."

6. "My favorite thing to do in art is painting because its fun," admitted freshman Kayla [illegible]

The Art of Movement - Art class brought motivation and inspiration to ma[illegible] students. Sophomore Kimberly Rodriguez admitted, "I come to school everyd[illegible] just to go to my ceramics class."



Drawing Into the Future - Some students plan to make art into a career. Sophomore Breanna Mckinney explained, "I'm taking art classes so when I go to college I will have a lot of experience."

Exposure - Central's art show attracted many eyes. Senior Evangelia Murray quoted, "It's a great opportunity for students of a[illegible] levels to display their art."

Outside the Lines

Central art makes a splash.

Art throughout Central came in many shapes and forms. It was expressed through drawings, paintings, photography, architecture, sculpture, and even music. Many students felt that art was a way of expressing themselves and putting their ideas on paper.

The work of art showed an individual's true colors and the uniqueness of their imagination. Sophomore Eric Casineau explained, "My favorite kind of art is drawing. I like to create my own ideas into a picture on paper." Art allowed students to branch off from other academic classes, and into the relaxing world of art. Creating or sharing a thought or feeling allowed students to fully show their true self through the work of art.

For other students, art was a good challenge for them. "I like to challenge myself when my teacher gives me an assignment. My teachers are always open to my ideas and creating them as well," verbalized senior Amber Hakim.

Essentially art is all around us, and the ultimate expression of one's self.

by Alli Hood

Out Of the Ordinary - "I've taken every possible art class. It's something different instead of sticking my head in a math book," said Nadia Katko, a senior at Central.

A Shade of Originality - Students of Central had the chance to really show their true colors through their artwork. Freshman Sabrina Gardner stated, "I like art because of the creativity and it gives me the ability to express myself," as she started painting her ceramic cup.

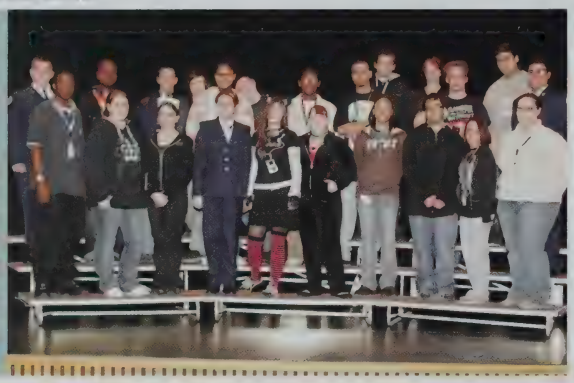
National Honors Society

Top Row - Joseph Hamilton, Alysia Bryll, Carolyn Farnham, Max Moran, Shayne Williams, Triny Vargas, [illegible] Trang, Orlando Cordero, Thomas Pavlu, Sean McNamara, Phillip Bates, Angel Rivera. **Third Row -** [illegible] Paul [illegible], John McLaughlin, Karen Cruz, Stephanie Flynn, Katina [illegible], Hillary Higgs, [illegible], Hamed. **Second Row -** [illegible], Sarah Andrekus, Snaea [illegible], Sue McLaughlin, [illegible], Evangelia Murray, Chanda Postell, Ireal Wilson, Nicole Nell, Shayla [illegible], [illegible], Nguyen. **Front Row -** Julie Moreau, Nicole Rapa, Jeileen Rivera, Katie [illegible], [illegible], Katrina Marrone, Erin Mulcahey, Amy Contant, Cherish Carlin, Stefanie [illegible], [illegible].

National Art Honors Society

Top Row - Alysia Bryll, Sarah Andrekus, Robert Norman, Lilian Barrera, Anthony Dup[illegible] Patrick Lavoie. **Third Row -** Loreiny Penalo, Nelson Milano, Max Moran, Taja Mc[illegible] Snaea Harris, Tyrell Dorval, Amanda Purchase, Mr. O'Donell. **Second Row -** Mai [illegible] Matt Bys, Ms. Tuttle, Hillary Higgs, Amanda Putnam, Opalia Meade, Nick Gauthier, A[illegible] Hakim, Duche Lo, Nadia Katko. **Front Row -** Victoria Tran, Evangelia Murray, Alexand[illegible] Noonan.

Anime Club



Top Row - Jose Jones, Fred Erick, Kenny Cortez, Marquia Slater, Giulio Trimboli, Anthony Penna, Ryan Reid, Alexander Torres, Joshua Martinez, Deena Perdue, Jesse Nutting, [illegible], Anthony Hernandez. **First Row -** Ahmed Ibrahim, Stacey Thomas, Leslianne [illegible], [illegible] Nguyen, Kayla Ullery, Debbie McAloon, Samantha Bolden, Roberto [illegible], Ms. Giroux, Tanazshia Jones.

Aerie Magazine

Top Row - Annamarie Alleyne-Lovell, Mrs. Mackie, Adelia Vaughn, Sha[illegible] Brown, Chris Dziok, Jorell Reyes, John McLaughlin, Tiera Wright, Vi[illegible] Trang, Alexandrea Noonan. **Second Row -** Danuta Janiszewsk[illegible] Evangelia Murray, Sunnie Caulton, Mark Volain, Samantha Bodl[illegible] Amanda Stewart, Stefanie Marotte, Anglea Buxton. **Front Row -** K[illegible] Marrone, Joe Hamilton.

Mass Mutual Academic Achievers

Top Row - Nicole Rapa, Mr. Cunningham, Victoria Murray. **Second Row -** Julie Moreau, Shahein Kiaresh, Ireal Wilson, Shayla Brown, Katie Pleet. **Front Row -** Emily Kelliher, Chanda Postell.

Envirothon

Top Row - Orlando Cordero, Phillip Bates, Chris Nashvi[illegible] **Front Row -** Mrs. Volain, Cherish Carlin, Amanda Purchase

Central High

Key Club

Top Row - Matthew Hebert, Maile Nguyen, Alysia Bryll, Joellen Broska, Brianna Santiago, Melissa Reyes, Alta, Andrew Desousa, Paul Cacciola, Kichaliz Kios, Liza Posner, Annamarie Alleyne-Lovell. **Fourth Row -** Evelyn Ansah, Amber Thompson, Corey Cortes, Leila Wenners, Gabrielle Farhadi, Shalea Harris, Sarah Andrekus, Jorell Reyes, Danuta Janiszewski, Julianna Monteiro, Jasmine Powers. **Third Row -** Linda Le, Harriet Kashmanian, Victoria Murray, Amanda Best-Morin, Katina Syner, Stephanie Flynn, Jenna O'Neil, Christopher Nashville, Nick Garvey, Viet Trana, Me-Gryaorcewicz. **Second Row -** Collin Harvey, Nhan Nguyen, Ngoc-Chau Vy, Elissa Carney, Anna Volain, Kat Marrone, Sarah Frageau, Esther Baah, Stefanie Marotte, ???. **Front Row -** Amy Contant, Katie Pleet, Nicole Nell, Emi Mukaikley, Lizandra Rivera

Multicultural Club

Front Row - Ninoshka Rios, Duche Lo. **Second Row -** Michael Son, Vuong Nguyen, Edris Montesdeoca, Kayleigh Lemoine, Nilka Polo, Yaribel Gonzalez, Zulmarie Torres, Ms. Duong, Nu Nguyen. **Third Row -** Marcia Caldwell-Taft, Xiomarelys Aponte, Zoila Colon, Kevin Ortiz, Jen Tran, Ngoc-Chau Vy, Andy Phan, Kathy Phan, Angelica Torres. **Fourth Row -** Juan Callazo, Shanara Henry, Chris Nashville, Corey Cortez, Wing Chak, Trinh Nguyen, Cynthia Ha, Nhan Nguyen, Lisa Le, Tiffany Nguyen, Lilian Barrera. **Top Row -** Alexander Torres, Jacob Martinez, Keishla Rotger, Colleen Au, Zamirah Santos, Angel Yournet, Oscar Caceres, Chris Santiago, Evelyn Esi Eduaa, Linda Le, Annamarie Alleyne-Lovell.

Gay-Straight Alliance

First Row - Kaitlin Syner, Duchi Lo, Kayla Cardona, Kirsten Glod, Aimee Ullery, Michelle Giovanni. **Second Row-** Krystal Aguayo, Melissa Santiago, Emily Williams, Denise Luna-Figueroa, Nicholas Lynch, L'oreal Lendon, Genesis Cintron, Bryana McIntyre, Justin Morales, Mr. Northup. **Third Row -** Lamont Redd, Brittany Powell, Alicia Belden, Dara Everett, Kristen McRobbie, Kiersten Neveu.

Journalism

Top Row - Maurice Doran, Franm Rosa, Jaime Rooke, Brianna LaPorte, Mark Volain. **Second Row -** Cory Bodiford, Stefanie Lynn, Ariel Arnold, Kirsten McRobbie, Kaila Sullivan, Jaytwan Jones, Sarah Chaet, Alex McLennon, Edwin Tarazza.

Yearbook

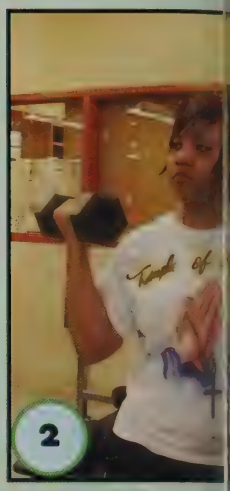
First Row - Nicole Nell, Amanda Best-Morin, Taija Newton, Ali Bates, Sam Fox, Badran Khatib, Molly Kong, Johanna Bonilla, Sarah Fregeau, Katie Pleet. **Second Row -** Stephanie Flynn, Casey Tetrault, Alli Hood, Katina Syner, Alyssa Fasolino, Luis Reynoso, Nino Volobueva, Annamarie Alleyne-Lovell, Ashley Konieczko, Ms. Gawle, Ms. Rosenberg. **Top Row -** Emily Harned, Marissa Vancini, Rachelle Karkevich, Salina Aguilar, Rainelle Jackson, ViKyannie Alban, Melquan Miller, Jasmine Smith, Natasha Santiago.

Student Government

Top Row - Keon Dickerson, Annysa Mock, Tynesia Smith, Chelsea Stafford, Kimmy Campbell, Shatoya Dowdell, Samantha Bodley. **Front Row -** Vanessa Rodriguez, Tacia Munn, Jordana Spano, Chelsea Stanisewski, Natasha Smith, Daisy Kabochi, Kristen Walls, Yelena Gorbovets.

School Clubs

1



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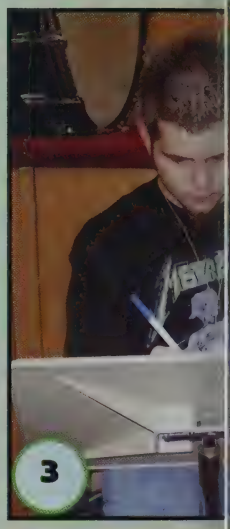


3

New Classes

"The teacher makes it so fun, and the dances we do really get us in shape."
Amanda Melendez '09

"Studio Art is a good class. We learn about so many different types of art."
Arcangel Gonzalez '11

"I like being able to create my own masterpiece without the help of a teacher in Photography II."
Katie Melhorn '09

1. Nail on the Head - Junior Dan Horonzy, along side classmate Hector Torres, discussed his Tech Engineering class. "I really like building things and its fun to do."

2. Working It Out - Senior Jasmine Griffin, stated, "Taking fitness for life helps me stay in shape and work on my muscles."

3. Writer's Paradise - Senior John McLaughin, in Music Theory class, quoted, "It's very interesting to see the process composers go through to wrtie music."

4. Steppin' Time - "I like how we learn different dance steps," explained junior Stephanie Valentin about her first dance class.

4

New Classes At A Glance

Studio Art (Full Year Course) - Gave students the opportunity to gain college credits by building up a portfolio of their art work from the past 2-3 years.

Tech Engineering (Full Year Course) - Emphasized on engineering questions and technological solutions. Students got to design buildings and test their own models.

Health II (Half Year Course) - Students got a closer look at mental illnesses, health professions, and the impact of them on America.

Intro To Physics (Full Year Course) - Students learned in depth about such subjects as sound and light waves, electricity, magnetism, temperature, and the forces behind moving objects.

Dance I and II (Half Year Course) - Various types of dance were taught to students such as ballet, jazz, lyrical, salsa, and ballroom. Students gained strength and flexibility.

Photography II (Half Year Course) - Students looked deeper into different types of toning and lightening techniques. They worked with double exposures and used liquid lights.

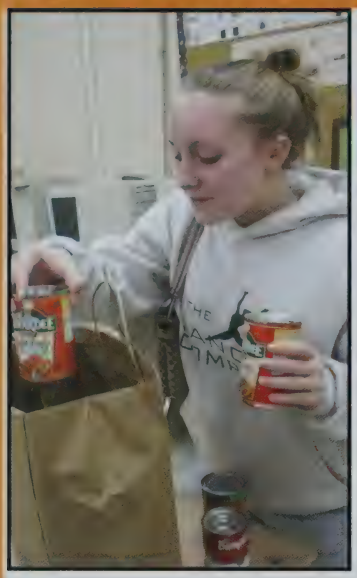
Music Theory (Half Year Course) - Discussed the relation between music and science. Students learned about the math and language involved in various types of music.

dden Hobby - Many udents took classes that on became their very own bbies. Junior Francheska orales, left, admitted, "I st love taking pictures."

uilding Bridges - Above, freshman Victor Aytche exclaimed, take the intro to physics class because I'm interested in e labs we do. "

umping Iron - "Fitness for life helps me get stronger for asketball season," stated Preye Preboye, to the right.

Illuminate Your Community



Religious Works - Junior Leila Wenners explains why she signed up for the Key Club, "I joined it to perform community service to help me advance in my catechism class."

Aside from their busy school schedules, many students find time to serve their community.

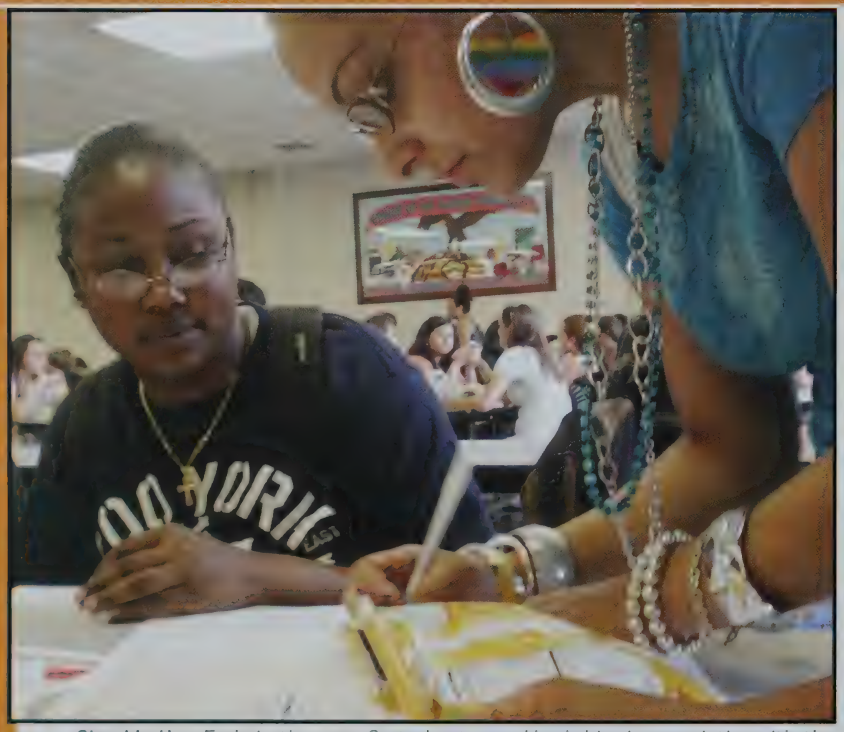
The efforts of students in Central High have achieved many great accomplishments this year. Students have used their energy to put a smile on those of need, and have put their whole heart into helping their community.

The Key Club sells roses every year for the research of Cystic Fibrosis. The Cystic Fibrosis Foundation began 15 years ago at Central when pupil Heidy Meiss died of waiting for a lung transplant. Junior Amber Thompson states, "Selling roses is a lot of fun, and is done for a good cause."

Among our staff we contained not only community service workers but nature lovers as well. Ms. Barry is a teacher who took action in helping the environment. She encouraged students to donate money to help buy and save sections of the rainforest. The school also put on a spring clean up event. Students picked up trash around the school, and made it a cleaner and better place to learn in.

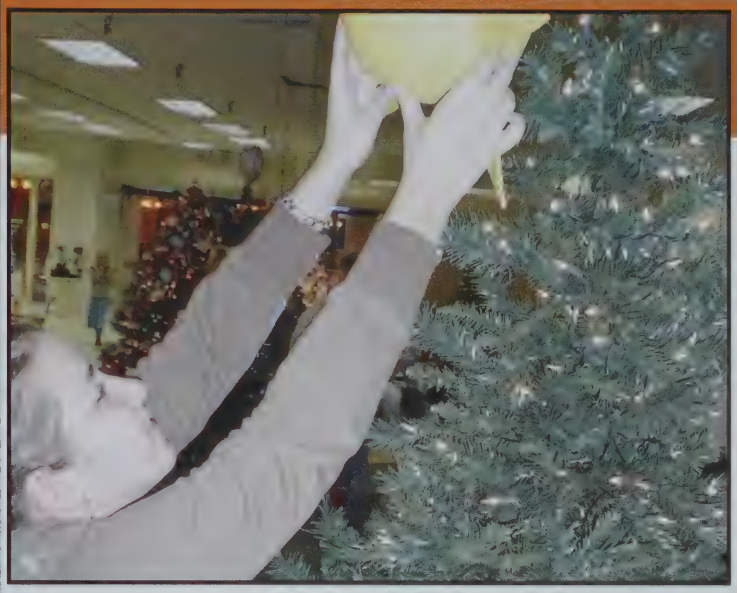
The students of Central put their hard work and dedication to make the school and the community we live in a healthier place. Senior Rachelle Karkevich expresses, "Community service helps bring kids a brighter future." Students not only improved their environment, but uplifted their own spirits with a job well done.

by Nicole Nell



Sign Me Up - Early in the year, Central set up a blood drive in association with the American Red Cross to help those in need of blood transfusions. Senior Emily Rodriguez signed up above. She said, "I've always wanted to give blood and now that I'm eighteen, I finally can."

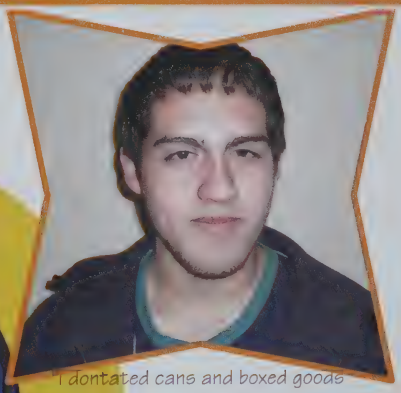
Helping Hand - Some students contribut to the school by organizing the school's libr in their spare time. "I don't mind taking ti out of my day and helping out the scho expressed senoir Hierka Rivera.



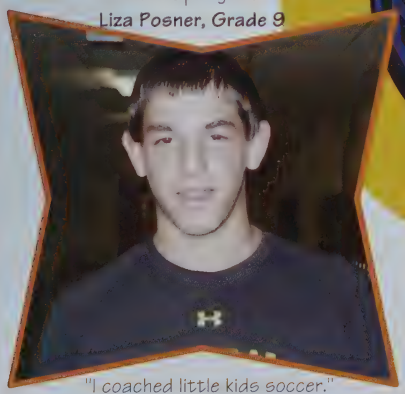
Christmas Spirit - Above, senior Julianna Monteiro helped out decorating a Christmas tree at Tower Square to raise money for the Boys and Girls Club. She commented, "I try and help out my community in any way that I can. I know that every little bit helps."

Soul Food - Left, senior Viet Trang prepared to serve members of the local chapter of the Elks Lodge dinner. The Key Club has been volunteering at the Elks for many years. Viet stated, "Helping out the community is really good for your soul." Many of those who served their community felt rewarded for their volunteerism.

"I took part in enviornmental clean-ups to better Springfield."
Liza Posner, Grade 9



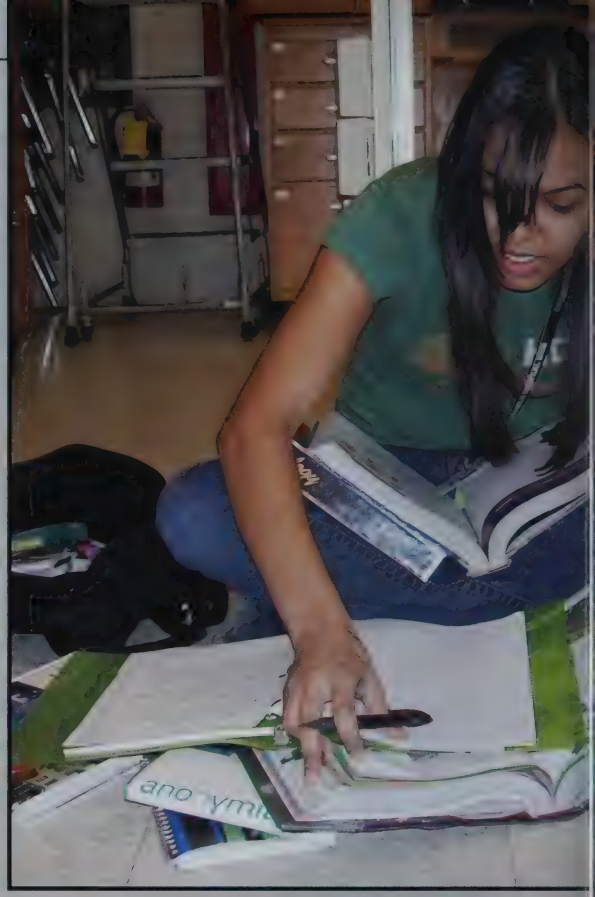
"I dontated cans and boxed goods to the less fortunate."
Michael Butron, Grade 12



"I coached little kids soccer."
Nathan Burrage, Grade 10

"I gave old clothes to the Salvation army."
Phylicia Morris, Grade 10

SAT Stress - One of the first steps in preparing for the future is the SATs. Juniors and seniors knew that this test was extremely important, but most had mixed feelings about it. Senior Nelson Milano commented, "It is not a good representation of how smart you are, it only compares you to other students." Whether or not the test determines how smart you are, the SATs are a necessary step in preparing for college.



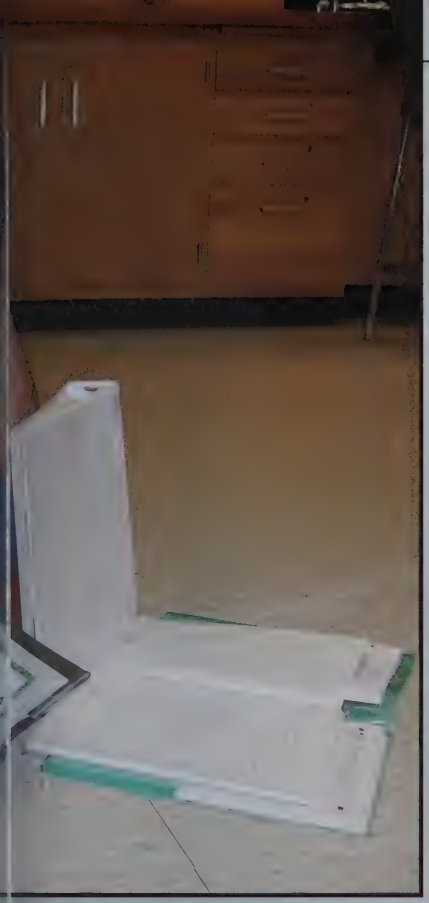
1. True Colors - Sophomore Brittany Franco expressed her veiw on standarized testing, "I don't think we should have them because it only shows how we are academically, and not who we really are."

2. Testing Blues - "I don't like doing the tests. They make me feel stupid," admitted Sophomore Mark Guido. Many students let the tests lower their spirits, instead of uplifting them.

3. Tested Tough - Some students liked to look on the bright side of the exams. Sophomore Charles Jones explained, "Even though they are tough, they are a great way to challenge ourselves."

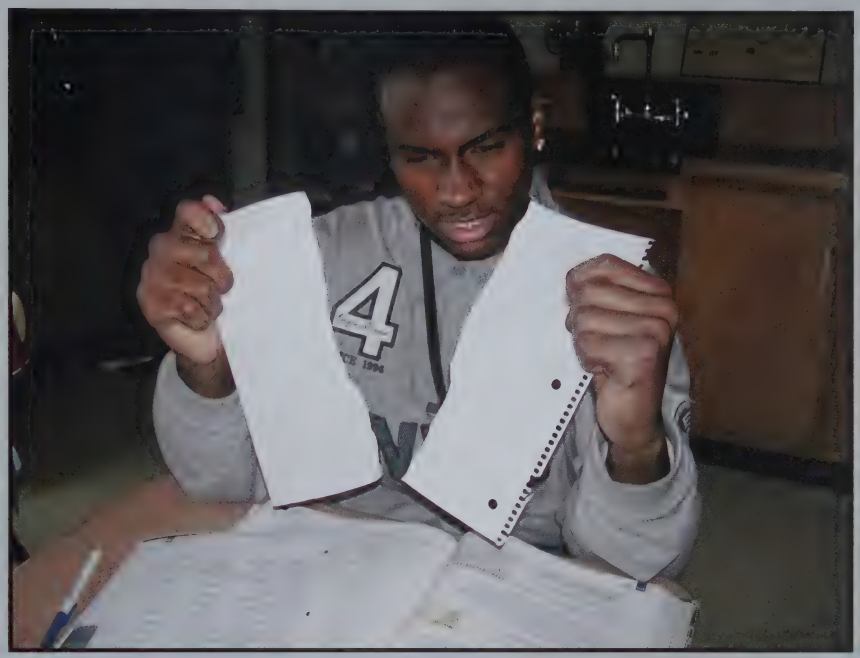
4. Graduate Stress - Junior Shalea Harris states her strong opinion, "I think it's a good idea to see where you stand, but it shouldn't be the only factor involved in graduating."

Munchie Mania - Senior Wil Batchelder made sure he at healthy breakfast every mor before he took his exams. "Foo my brain power," he explained.



Tension Headache - Students have tended to procrastinate and attempt to jam all of the information in the night before an exam. Senoir Tatiana Pacheco proclaimed, "There's so much stress when it comes to passing the SATs, so I try to cram in as much as I can."

Torn Apart - Some students just couldn't handle the stress of testing. "I hate taking tests, they just aren't for me. They make me want to break things!" exclaimed Junior Marc Carter.



Standardized TESTING

It was that time of the year again for brain farts, hand cramps, and nerve seizures- a.k.a. standardized testing. These sts were not the ones that everyone was eager to take. Spending long hours in one room, writing five paragraph long mpositions, and bubbling in multiple choice until your hand falls off can drive anyone nuts!

Some people believed standardized testing was a good thing. Ninth grade assistant principal Mr. Sullivan inputed "It ows students to demonstrate their abilities in a non-traditional manner, which is an excellent way for schools to sess their progress from year to year." So there were many benefits from these overwhelming tests to make school stems a better learning place.

Others thought differently though. Junior Mike Ernst argues, "The tests are unnecessary and proves nothing." Many ople felt that students were set up to fail the exams.

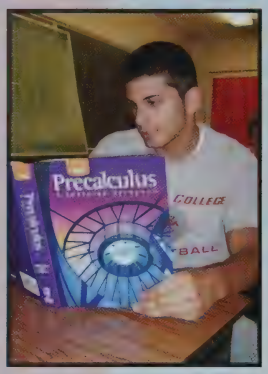
Considering that there are two sides to every conflict there were people that had mixed feelings about standardized sting. Central High's biology teacher, Mr. Spina described that there are pros and cons about the tests that drive ople crazy. "I see the benefits and problems to the test. Teachers will have to follow the law and teach what they are quired to. The MCAS, in particular, are trying to see whether or not teachers are doing their job. Yet, because a lot of mphasis is put on the test, teachers will lose a lot of time and creativity teaching their students."

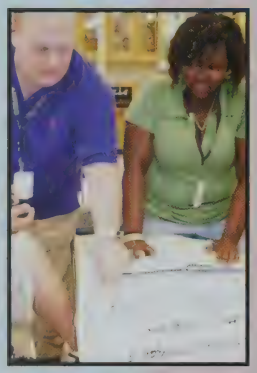
No matter what the opinions were of those distributing or taking standardized tests, it is still a requirement for eryone in Massachusetts. Sure it may be a little harsh, but tough is tough. As for those who are dreading those painful ays again, when you have a No. 2 pencil shoved into your hand and pray for your teacher to take their time reading those ng instructions to you, good luck.

by Molly Kong

What is your favorite class?

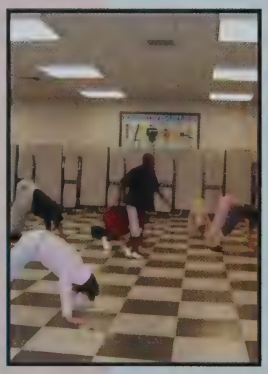
Adam Farhadi looks through his precalculus book. He commented, "I like precalculus because it's a challenge and the teacher is the bomb! I'm hoping this class will help me in the future."





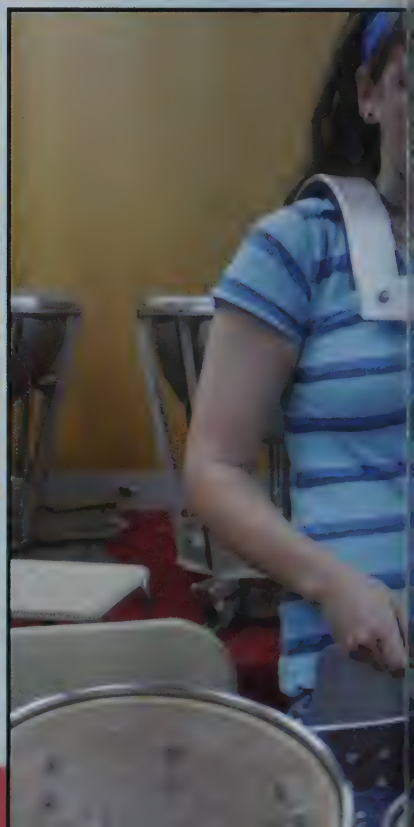
Jasmin Green learns french as Mr. Juergens helps her. She quoted, " I like french because I get to learn about different cultures."

Kevin Delgado stretches for dance class. He stated, " I like dance class because it's different than other classes."



Color Wheel - Many students found that art was an excellent form of expression. Pa Petty, below, focuses on making a beautiful color wheel. He exclaimed, " I like to turn blank piece of paper into something that I can be proud of."

Science Rules - Ruslan Adzhigirey concentrates on figuring out a science problem. He said, "Science is interesting because you have to solve things out on your own to really understand it."



Favorite Classes

Central High students look forward to their favorite subjects.

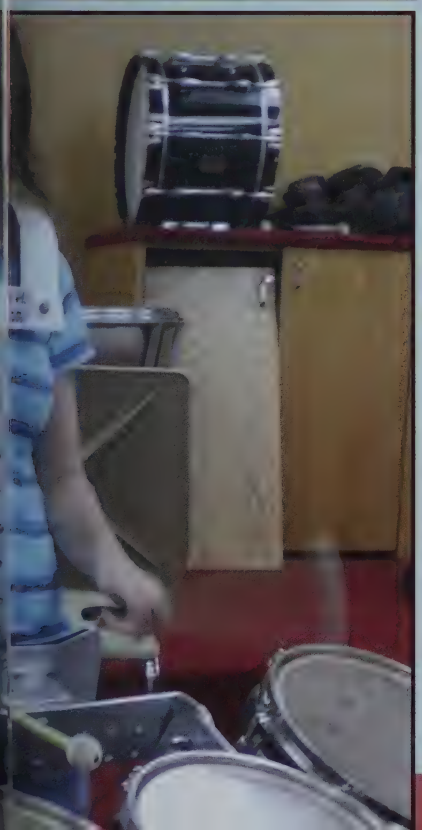
The majority of freshmen were apathetic to their future ambitions upon entering high school. Fortunately, Springfield Central High offered an array of classes, which may serve as a guide to the path in life they wish to follow. Despite losing a few important elective courses such as wood shop and child studies, Central has retained most of its key classes.

Some electives including acting, music, and chorus offered students a chance to express themselves. "Having the ability to reach out to other people with our voices makes us feel special, " sophomore Molly Kong declared. More importantly, electives introduced students to new career possibilities that they would enjoy in the future. "Before R.O.T.C. I was shy and unable to command, but now because of it I am a leader. I am applying to a flight academy to become a pilot, " proclaimed junior Justin Rheaume.

Unlike core classes, some electives provided young adults with the real world experience that they will need after high school. Junior Alyssa Berman announced, "Being the editor-in-chief of the school newspaper has made me develop an enormous sense of responsibility and leadership. The class has enhanced my writing capability and I get to meet interesting people."

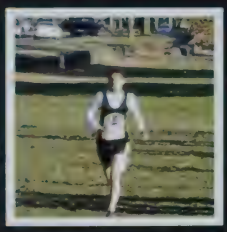
Students seized the four years spent in high school and found the path they wished to follow. Electives have thus far proved to be the easiest and most effective way to do so.

by William Youngworth



Quick Cuts - Cooking was a class that many students found joy in since it had many practical uses outside of the classroom. Moises Melendez cut up vegetables above. He admitted, "I like cooking a lot at home and there's a possibility I would like to go into culinary arts in the future."

Drumline - Angela Buxton marches to the beat of her own drum. She commented, "Having music in my life allows me to be well-rounded. I would definitely like to continue playing in the future."

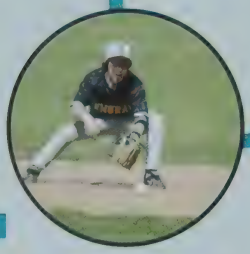


SPORTS

Dedication, determination, hard work, and skills are what make up the athletes of Springfield Central High School. The moments we shared on the field are priceless. Whether you participate in three or just one sport, athletes give it all they have every chance they get. The key ingredients in a Golden Eagle are the will to push oneself to make Western Massachusetts or simply to improve one's athletic abilities and skills. Teamwork is stressed throughout every season. With teamwork anything is possible. Making new friends, being apart of a team, and finding your true school pride is living the real dream.

Sports Editors
Marissa Vancini & Katina Syner

1



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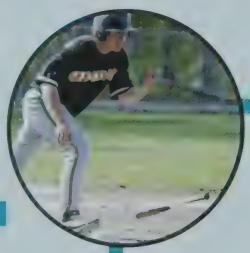

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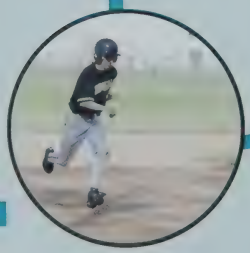

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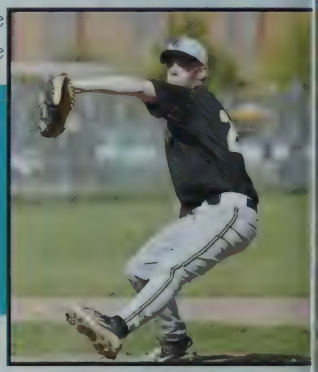
5

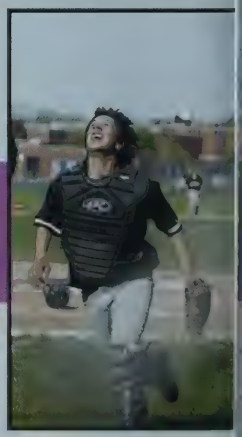
1) Eric Acevedo made the catch.
2) Kevin Linnehan went for the ground ball.
3) Noel Acevedo gave the ball a toss.
4) Mark Collins rounded the bases.
5) High fives all around.

Incoming! - Jack Ryan prepares to receive the ball to make the play. "This season was very successful and we hope to improve next year to become even better," he remarked.

Winding Up - Senior Anthony Blais had no problem striking out a batter. "The secret to our success was our team work. We made playoffs for the second time since 1998 under a completely new coaching staff. Central baseball will continue to improve," he expressed.

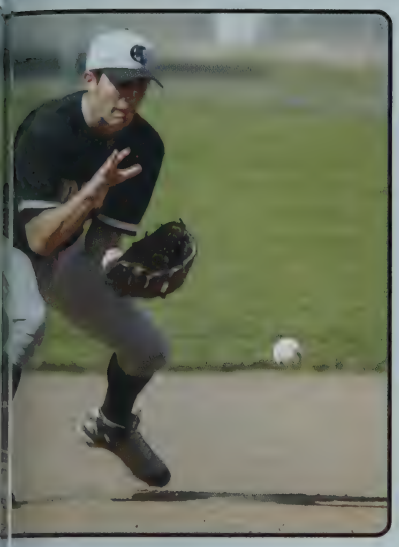


Front Row - Sean Contant, Anthony Blais. **Middle Row -** Justin Wenners, Gage LaFlamme, Justin Alejandro, Matt Collins, Chris Nashville, Kevin Linnehan, Orlando Cordero. **Back Row -** Coach Brooks, Coach Balute, Jack Ryan, Noel Acevedo, Josh Unwin, Justin Villanueva, Eric Acevedo, Coach Collins, Coach Charizio, Coach Charizio.



Heads Up! - Junior Orlando Cordero chased the pop up ball. "I love baseball especially with Coach Charizio," Cordero stated.

HITTING IT OFF



Fast Catch - Getting ready to receive the ball, Junior Chris Nashville stated, "Last season went really well. We worked hard all season and in the off season. We had a new coach and made it to Western Mass."

Crisp Contact - As Junior Justin Villanueva hits the ball he explained how, "Our team played really well together and we hope to do the same next season."

Ball Magnet - Josh Unwin catches the ball on a bounce to make the save. He stated, "We were the cinderella team coming back from an 0-6 record to a threat at Western Mass."

Low Rider - Junior Justin Wenners watched for the perfect pitch. " We're going to be working on baseball all year so we have the proper mindset going into next season," he recalled.

Starting off the season with a 6-2 loss against Westfield, the Central boys' varsity baseball team eventually had success. Although there were a few losses against competitive teams, they were able to strike back. "Being a coach for the first time was a lot of fun. It was a huge learning experience. We were happy with the results of our season. We ended very strong winning four out of our last five games," exclaimed Coach Charizio.

The team's great efforts and confident attitudes helped the team have what was more than just a good season. "We never went into a game thinking we would lose. We had a lot of excellent players. Everyone got along and that allowed us to play great together and get us into Western Mass," explained junior Chris Nashville.

Losing a few seniors may be a scare to the team, but with leadership, the team will only grow stronger. "As captain for next years varsity baseball team, I am really looking forward to leading the team and having a better season," stated junior Justin Villanueva.

With such confidence in mind, the team will be willing to work even harder for victories in the 2008 season.

by Allison Hood

8-12-0

Team	Us	Them
Westfield	6	2
Cathedral	12	8
Agawam	5	2
Chicopee Comp.	4	3
Chicopee	12	6
Longmeadow	5	3
Amherst	4	3
Ludlow	5	4
Northampton	1	0
Minnechaug	4	3
South Hadley	7	2
Belchertown	6	2
West Springfield	6	5
Holyoke	4	3
East Longmeadow	11	7
Sci-Tech	4	0
Chicopee Comp.	4	2
Chicopee	4	3
West Springfield	7	2
Minnechaug	10	1

1, 2, 3, Duck! - Senior Sean Contant slid into third base. He commentd, "We had a pretty good year in baseball. We started off poorly but really came together as a team. We won some big games, made lasting friendships and fell in love with each other along the way."

Overhead - As Sophomore Amy Contant reaches out to hit the ball she exclaimed. "The season went extremely well. We had a lot of talent."

Follow Through - Senior Tim Sugrue steps to the ball to hit it. "Tennis was one of the best experiences of my life. It opened up a whole new sport to me that will stay with me throughout life," he expressed.

Making Contact - As Sarah Andrekus saved the ball from hitting the court she explained, "The girl's tennis team had a really successful season. We made it all the way to Western Mass. By the end of the season we had a really strong team."

Boys 7-10

Team	Us	Them
Minnechaug	1	4
West Springfield	5	0
Agawam	3	2
East Longmeadow	2	3
Belchertown	3	2
South Hadley	1	4
Chicopee	3	2
Ludlow	0	5
Chicopee Comp.	3	2
Chicopee	2	3
Westfield	1	4
South Hadley	0	5
Ludlow	0	5
Sci-Tech	4	1
Westfield	1	4
Belchertown	1	4
Sci-Tech	3	2

Serve it Up - Sophomore Chris Keough threw the ball up for a serve.

Swing Away - As Sophomore TJ Pavlu prepares to hit the ball he explained, "The best part about tennis is that you can't really blame anyone for your faults. You are responsible for yourself."

Front Row- Ashley Velez, Katie Pleet, Amy Dawson, Amy Contant, Kayla Tetrault. **Back Row-** Allie Ryan, Sarah Andrekus, Alicia Rosario, Arielle Poirier, Coach Drury.

Reach for the Top - Mariana Seykina streches to hit the ball. "I loved the action of this sport and the excitment you get from every hit," she stated.

Racket Up

The boys and girls tennis team serve up some action.

Central's girls tennis team had a great season in the spring of 2007. They qualified individually for Western Mass. along with many other accomplishments. As they worked hard in practice heading towards the season, the results showed. Four players qualified individually including Katie Pleet, Amy Dawson, Kayla Tetrault, and Amy Contant. While Katie Pleet seated 8th, Amy Dawson followed seating in 13th. The team also qualified for Western Mass. for the first time in many years. Unfortunately they did fall against Westfield in the first round, which was a tough team to beat. "I'm looking forward to my senior season. I want to qualify as a team as well as individually," expressed senior Katie Pleet. With a great season the girls have higher standards, and more to come for next year.

However, it was a tough season for the Central Boys Tennis team due to their mix of younger players. "We had a tough time getting points to win matches due to our loss of seniors, but most likely we will be able to turn it around for next season," explained TJ Pavlu. A lot of players are looking forward to next season and to stepping up their game. "I know I will do better next year. The motto is live and learn, making yourself, as well as the team feel better in the process," exclaimed Christopher Keough.

by Cassy Tetrault

Backhand - Senior Eric David skillfully uses a backhand shot to get the ball over the net. He commented, "I picked up tennis in high school and I really enjoy the sport."

Sending it Far - Junior Ashley Velez shows off her tennis skills by hitting the ball with a backhand swing. She stated how, "Tennis is a good sport because you get a lot of exercise and it's a fun sport to do."

Hit it Over- Jun Zhao prepares to swing at the ball. He proclaimed that, "Last year was a good season. I hope both individuals and team go to Western Mass. next year."

Girls

13-6

Team	Us	Them
Chicopee Comp	5	0
Westfield	3	2
Agawam	2	3
West Springfield	5	0
East Longmeadow	5	0
Sci-Tech	5	0
South Hadley	1	4
Sabis	3	2
Mohawk	3	2
Palmer	5	0
Chicopee High	5	0
Holyoke	2	3
Northampton	2	3
Sci-Tech	5	0
Holyoke	3	2
Palmer	5	0
Chicopee High	5	0
South Hadley	1	4
Westfield	2	3

Throw Me a Pitch

The Lady Eagles get back into the game.

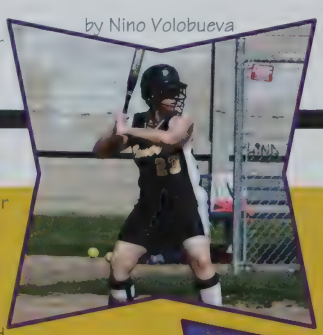
The girls varsity softball team's unstoppable starters Marissa Vancini, Joellen Broska, Rachel McCutchen and Tiffany Goss led the way to a simply smashing season. "Softball is not just a game, it's a lifestyle," stated sophomore Chelsea Stanisewski. The girls varsity team had overcome the losing streak of the past seasons and completely crushed Sci-Tech.

Head coach Mr. Moore and JV coach Mr. Zguro trained their players rigorously in order to get them to their topmost abilities. "Mr. Z made us a better team," said sophomore Harriet Kasnmanian. Hard work and perseverance paid off, and the team overwhelmed competing schools various times. However, the fact that there were many returning players tilted the odds in their favor. This made the team stronger, and more skilled as a whole, resulting in more wins than previous seasons.

A great sense of humor and unity was never a problem on the team. "Softball was like a second family. We had a great teacher which helped me to get into my own as a player," said sophomore Kayla Papadoulias. The challenge was now to rebuild the team after so many of the best athletes had graduated. As more players came and went, the bonds between them would never break.

by Nino Volobueva

1.



Batter Up - Junior Joellen Broska is up at bat for Central. "It's a great feeling when you make the other team's outfield chase your hit. Sometimes it makes me laugh," admitted the third baseman.

She Steals Third - Maura Reardon steals a base to get a huge lead for Central. "I love the look on the other girls' faces when you steal a base," commented the junior.

Best Foot Forward - Coaching is easy when you have a great team to work with. "I'm very proud of the girls. The season overall was great. The girls gave it their best, and in the end we took two steps forward and one step back," noted Coach Moore.

Throwing The Ball - Rachel McCutchen warms up her arm before a game. "I started off not knowing too much about softball, just that I wanted to play and I really learned a lot," declared the junior.

3-17

Team	Us	Them
Ludlow	3	9
Holyoke	0	8
Catherdral	3	18
Chicopee High	1	17
Chicopee Comp.	3	11
Minnechaug	5	15
West Side	0	17
Belchertown	15	25
Longmeadow	5	13
Northampton	11	10
East Longmeadow	2	17
Agawam	2	15
South Hadley	8	9
Amherst	0	10
Westfield	7	8
Holyoke	1	9
Sci - Tech	16	0
Ludlow	13	7
Chicopee High	1	6
South Hadley	4	10

1. Strike!! - Danielle Morin pitches to a batter and strikes her out. "I love pitching and with a team that supports me it makes me want to do better and improve my pitching skills," said the freshman.

2. Using the Fundamentals - Sophomore Amanda Hurley makes a hard play look easy. "I liked the tough competition of the other teams we played," voiced the infielder.

3. You're OUT! - Marissa Vancini throws to first base to complete the double play. "When we played Sci-Tech we played like a team and we played defensively and offensively as best we could," affirmed the junior.

4. We're All in it Together - Kristen Monagle joins her teammates in a pregame pep talk, "This year we all bonded a lot together, and that made for a great season," remarked the senior.

5. Be Positive - Coach Watje kept the books as she encouraged the players, "I loved working with the team. The girls really bonded together as a team and all became winners by the end of the season," she expressed.

Varsity - Front Row - Rachel McCutchen, Maura Reardon, Teresa Skelly, Marissa Vancini, Amanda Hurley, Danielle Morin, **Back Row** - Coach Moore, Jocelyn Giammarino, Tiffany Goss, Kristen Monagle, Chazadi Rodriguez, Molly Moore, Joellen Broska, Coach Watje.

Junior Varsity - Front Row - Victoria Tran, Monica Diaz, Nino Volobueva, Jenna Feely, **Second Row** - Kiaralee Suarez, Amanda Putnam, Harriet Kashmanian, **Back Row** - Amber Thompson, Toni Tirozzi, Coach Zguro, Chelsea Staniseweski, Kayla Papadoulias.

RUN FOR THE GOLD

The boys ran another winning season.

Record 6 - 1

Team	Us	Them
Westfield	82	52
Cathedral	94	42
Amherst	89	47
Putnam	110	26
Chicopee High School	85	51
Ludlow High School	64	72
Agawam	76	60

Boys Track - Front Row - Anthony Gentile, Justin Rasado, Kendall Junior, Luis Sanchez, Chris Corbeil, Raphael Martinez, Justin McKennon, **Second Row -** Melquan Miller, Ryan Hagar, Chris Colon, Sean McNamara, Drew Gavin, Joshua Smith, Jordan Rivera, Malik Early, Jose Reyes, Kerson Joseph, George Hargrove, Junior O'Korie, . **Third Row -** Bill Youngworth, Dan Evard, Adam Fahardi, Dan McCarthy, Vova Koval, Peter Hagar, Luis Reynoso, Mike Austin, Justin Rheaume, Fabian Gonzalez, Chris Eyer, Pat LaVole, Kevin Ross.

1. Sprint for the Win - Sophomore Arthur Renyolds rounds the turn to put Central in the lead. "When I look back on the season, there's only three words to describe it: fast, united, and determined."

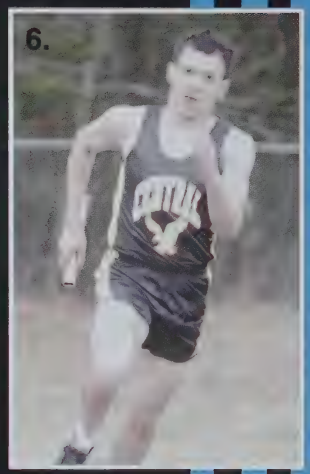
2. Going the Distance - Drew Gavin runs his event for the Golden Eagles. " I felt really great about distance. Running distance made me an all around better athlete," he confessed.

3. Finishing Strong - Junior Sean McNamara beats out his opponent to win the race. "This year I got my personal best times, but I need to work hard to make it to states," he commented.

4. Jump For The Stars - George Hargrove gave it his all when he ran his event. "It's a challenge to run hurdles. You have to run your fastest and jump over obstacles," confessed the sprinter.

5. Throwing The Ball - Having Western Mass. ambitions, sophomore William Youngworth launched his shotput with all his strength. " When you step into the circle the only person that can defeat you is yourself," stated Bill.

6. One Big Family - Senior Chris Colon brings in a win for the relay team." We run together, we sweat together, and endure pain together. It's all heart basically," ephasized the junior.



For the 2007 season, the Central boys track and field concluded yet another phenomenal season right on track with a 6 - 1 record. Despite losing only one meet some say they could have done better. " Our season went great, but we didn't accomplish the goals we wanted to," proclaimed George Hargrove.

Losing that one meet did not seem to effect the team much. They stuck together to continue the season with the same winning attitude. "The chemistry of the team was awesome. The team as a whole had a common goal of winning, which made us better," expressed junior Mark Volain. There must have been some reason why these boys strived to do so well. The answer was an amazing coaching staff. "Our coaches always tell us to do our best at all times, and it pays off when we do," voiced freshman Peter Hager.

If it were not for the tough distance team, the boys would have beaten Ludlow and walked away with an undefeated season. Room for improvement was always needed, but Chris Colon thought otherwise "The season went very well, everyone stepped up, the heart was there, and coming back from an injury it was the best season I could have hoped for," admitted the junior.

Hopes will definitely be high forthe 2008 season with a good line up in place. " We have a lot of returners, so we should be good next season," stated George Hargrove.

With a long road ahead of them and plenty of upcoming seniors to lead the way, Central boys track and field team will work hard to achieve those goals they could not attain in the 2007 season.

by Mike Ernst

Jeremy Capdeville '10

Yova Koval " 10

Patrick Lavoie "08

Burning Rubber

Strong efforts and long hard practices led the ladies to a season of accomplishments.

Speed, sweat and stamina were the elements that made Central High School's Lady Eagles soar last track season. Junior Hillary Higgs, stated, "Even though our team was small, we still managed to lead our team to victory."

Dedication not only to their season's goals, but also to each other, proved to be the key to the track team's success. "Everyone on the team is committed to each other. We strive to help each other out when we're down and we do our best to strengthen each other's weaknesses," explained junior Miesha Tuitt. The track team's love and sportsmanship showed to be the strongest even when all else seemed impossible. "There were times when coach would work us extra hard, especially when we felt tired and worn out. These were the times when tensions were on high. At the same time it was fun and we all knew it was for the best," shared sophomore Katina Syner.

As much as they support each other, individual goals were also set high. Sophomore Jenna O'Neil admitted, "I really want to improve my time next season and hopefully achieve a personal record." Running track for last year's team also came with the stress to do their best and push it to the limit. "I definitely set high goals for myself, especially to be able to run in college," added Higgs. Next season's success may be uncertain, but the Lady Eagles still look forward to the challenges that lie ahead.

With this much enthusiasm, the eagles have high hopes and expectations for both the team and themselves. By continuing to love each other and the sport, the future for the Central Girl's Track team looks bright and "Golden".

by Molly Kong

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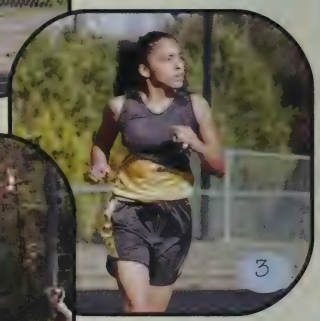
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Girls Track - Front Row- Katie Foley, Danielle Schoelles, Vanessa James. **Middle Row-** Hillary Higgs, Breanna McKinney, Tatiana Pacheco, Jeileen Rivera, Kat Marrone, Kiera McNamara, Danielle Robinson, Lydia Gentile. **Back Row-** Rachael Landry, Brianna Santiago, Miesha Tuitt, Aleisha Hawley, Wiany Dyola, Raiza Ramos, Shatoya Johnson, Tarje Gervais, Jenna O'Neil, Loraleiz, Kayla Motto, Heather Delude, Katina Syner.

Heads Up - Throwing can be difficult event to learn, but not fo sophomore Aleisha Hawley. Th team did excellent. Everyon improved their scores. I would als like to go to the finals for state next year."

Feet in the Sand - Hillary Higgs had no problem jumping the distance. e remarked, "It was a good season. We became second in our league. I nk I did really well when I lowered my time in the 200m to 25.5 seconds."

Pulling Ahead - It wasn't hard for runner Jenna O'Neil to stay in the e. "We all worked hard together as a team. I'm hoping to do better next ason and improve my times," she declared.

Shaping Up - Wilany Oyola paced herself during a race. She stated, "I track because it keeps me in shape."

In the Air - Senior Vanessa James jumps to the sand pit with power.

Gaining Speed - Preparing herself for takeoff Danielle Robinson sped to sand pit. "I like to sprint and long jump. Motivation from Coach agluski helps me to finish strong," she explained.

Going Strong - Attempting to beat her personal record Jeileen Rivera oclaimed, "Running track is all about hard work and dedication. You feel complished after every meet knowing that you are pushing yourself more more."

rowing the Distance - As homore Miesha Tuitt displayed talent in throwing she told us, "I excellent this season. I placed t in Western Mass."

Fast as Lightning - Racing to the finish line Shatoya Johnson shows off her sprinting form. She proclaimed that, "I joined track because I like to keep in shape and I enjoy doing it."

5-1-1

Team	Us	Them
Monson	72	72
Chicopee	95	50
HS of commerce	90	55
Holyoke Catholic	57	80
Northampton	96	44
West Springfield	94	51
Sci-Tech	87	48

Over The Net

Hard practices and team work paid off with a trip to the Western Mass. Tournament.

The boys' volleyball team saw vast improvement with captains Eriq Jones and Jean Lopez in the lead. There was never a doubt that the team was quite fantastic, but there was the questionable loss to Westside High that sprung to mind. "This one team we played we had lost badly to the first time but the second time we played we only lost by two points," commented Junior Jean Lopez. All of the boys agreed that the biggest factor resulting in a loss was if one player had a bad day, everyone would suffer. "It's mind over anything physical," stated Dequan Murray. "Volleyball is a focusing game," he added. Their spirits were in full spark during long rides to games taking place in far-off schools. The boys had a chance to bond over a cheeseburger and fries at the various rest stops on the road trip home after a hard, but unconditionally successful game. Junior Eriq Jones, a captain, and also the All-Scholastic/ All Western Mass. player felt that volleyball not only helped with agility, stamina, and teamwork but also in other sports such as basketball. Cooperation, self-control, and patience are just a few of many qualities that the team improved on vastly from previous seasons. "What is good about this year is that there is more talk and cooperation. Everyone knows where they are supposed to be and why," stated sophomore Ahmed Ibrahim. "J.V. is just a leading step up to varsity. They teach you what you need to know," he added.

Whether there was a nice set-up made, a good spike executed, or an amazing serve, the team was always there to support one another. There was never a time where the team wasn't there to cheer each other on and shout encouragement. Who was there to make them feel better after a particularly difficult game? The answer was right there, with your peers, friends, and teammates.

by Nino Volobueva

Got Hop? - Junior Eriq Jones jumped u to hit the ball over the net to help h team out. "I don't like sports whe winning depends on one person and sinc volleyball is a team sport, I enjoy the or for all and all for one vibe," he commente

Switch It Up - The Central Boys' Team switches sides during a home match. Jorge Cruz, a sophomore, looked forward to next season. He stated, "We're going to have a great season because we have lots of returning players." Many players agreed upon the success of their season and have the same hopes for the season to come.

Determination is Golden - Senior Christian Dia showed a determined face during a home matc against the Sabis Bulldogs. Their teamwork real paid off with a trip to Western Mass.

Hold Em' Up - Hands up high, junior Juan Salmeron #17, jumps up to block the ball. "I didn't like volleyball at first and I never thought I would see myself playing. But now that I do play, I really enjoy every aspect of being on the team," he commented.

Yeah, I Can Reach! - Sophomore Benny Chavez stretched up high to tap the ball over the net. "We lost a lot of people on Varsity but with the experience we have on JV, we'll have a good chance of making it far this season," Chavez explained.

12-8-0

Team	Us	Them
Athol	3	0
Ware	3	1
Putnam	3	0
Sabis	3	0
Chicopee	1	3
Dean Tech.	3	1
Sci-Tech	1	3
Agawam	0	3
Commerce	3	0
West Springfield	0	3
East Longmeadow	3	1
Minnechaug	0	3
Putnam	3	0
Sabis	3	0
Chicopee	1	3
Dean Tech.	3	0
Ludlow	1	3
Commerce	3	0
Athol	3	1
West Springfield	2	3
Western Mass Tournament-		
Belchertown	1	3

Front Row - Eddie Moore, Eriq Jones, Arnaldo Cortez, Gary Alvarez, Christian Diaz. **Middle Row -** Hoa Nguyen, Michael Diaz, Jean Lopez, De'quan Murray, Emory Barfield. **Back Row -** Coach Whitty, Ahmed Ibraham, Juan Salmeron, Thomas Belton, Benny Chavez, Ontario Devone, Coach McCutchen.

KICK IT UP

Fast Feet - Junior Toan Nguyen sprinted down the field with the ball. "I like playing soccer because it keeps me active and it is a lot of fun," he quoted.

Breaking Away - Sophomore Kyle Mascaro stole the ball from an offender to send up the field. "I think soccer is awesome. I've been playing for a while but I don't really plan to play in the future," he noted.

With new additions to the team, the boys played their best throughout the season.

Central's boys soccer team had set their own goals for this past season in a different way. They had a rough season with only one win. They defeated Cathedral with a score of 3-2. This victory had greatly impacted their season.

The team worked hard each game and gave it all they had. Captain Jason Keefe commented, "I'm proud of our team and all the hard work we put in. As long as we are trying our best, it is the most that we can do."

They also had a tie against another high ranked team, Amherst, with a score of 0-0.

"Everyday is a new day. Other teams shouldn't underestimate us because eventually we'll pull it off," explained Toan Nguyen.

Overall it was a season with goals. Goals to beat teams they never thought they were able to. In the end, some of those goals were untouched and some were accomplished.

by Cassy Tetrault

Back Row - Bobby Contant, Josh Smith, Nate Burrage, Blake Bubar, [illegible], Jordan Roy, Kyle Mascaro, Coach Zguro. **Middle Row** - [illegible], Tim Murphy, Mike Austin, Vinny Restivo, [illegible], Thomas Pavlu. **Front Row** - Jason Keefe, Sean McNamara.

Back Row - Ricky Portier, Frankie Aiello, Chris Keough, Mike Penna, Vo[illegible] Koval, Tristan Gregory. **Middle Row** - Kyle Velez, Matt Bys, Kyle Parro[illegible] Greg Kupiec, Rob Ghould. **Front Row** - Nick Gauthier, Nick Duncan, Pet[illegible] Hagar, Jared Therrien.

Like a Rock - Senior Sean McNamara used his body to protect the ball from two offenders. "These past four years have been such a great experience. I have learned so much and I'm going to miss everyone that I have had the chance to play with," commented Sean.

Eyes on the Ball - Senior Mike Austin kept a lookout for a possible head ball. "This season was very unpredictable. We had a lot of young players, so our team was in the growing process," he stated.

1-14-3

Team	Us	Them
Agawam	2	7
Westfield	0	2
West Springfield	2	2
Amherst-Pelham	0	0
Chicopee	0	1
Holyoke	0	1
Longmeadow	0	7
Ludlow	1	8
Cathedral	3	2
East Longmeadow	1	4
Holyoke	0	0
Minnechaug	0	6
Longmeadow	2	5
West Springfield	1	2
Palmer	1	2
Chicopee	0	2
Westfield	0	3
Agawam	0	3

1.

2.

3.

1) Aggressive Action - Senior Christian Cicero stepped it up using his body to shield the ball. "I'm really going to miss the team and coaches because I've been with them for so long," he noted.

2) Foot Action - Senior Vinny Restivo challenged a Minnechaug player for the ball. "I made a lot of friends who will forever have a place in my heart," he remarked.

3) Slide Right In - Sophomore Jordan Roy came up and knocked the ball out of the opponent's control. "It was a fun year but we still have some stuff to work on for next year," he explained.

Life on the Green

The girls soccer team worked hard during practices and pushed themselves to achieve some wins.

During the season, the girls had a tough time pulling off a win, but giving up was not an option for them. This season's record was 3-15, which wasn't the best, but they continued to work together. Captain Kat Marrone reflected back on the season, "We had a good season, even though we didn't have that many wins. The games themselves were something to remember. I played defense this season and I actually liked it most of the time," she added.

Junior Varsity captain and sweeper-back Jamie Rooke explained why she played soccer for a second year here at Central. "I played again because of the excitement of the games and because the teamwork is something that I enjoy. We didn't win many games but nobody ever gave up. Everyone always tried to win and had a great time," she added. Another JV player, Shatoya Johnson, expressed why playing soccer at Central was such a good experience. "The team as a whole is very special. We always worked together to come up with strategies of how we could improve our game. Also, our coaches were a great motivation for us when it came to getting good grades. They cared about our athletic ability as well as all of our effort we put towards the game," she stated.

In all, it seems like the soccer players on Varsity and Junior Varsity had a good season even though they did not get the results they hoped for. They showed teamwork and kept positive attitudes throughout every game. This just shows that Central athletes have great athletic spirit!

by Jasmine Smith

3-15-0

Team	Us	Them
Southwick	0	5
Holyoke	0	4
Chicopee Comp.	0	2
Hapmshire Reg.	1	2
Easthampton	3	0
Chicopee	1	5
Northampton	0	1
Monson	0	3
Palmer	0	4
South Hadley	0	2
Holyoke Catholic	4	0
Gateway Reg.	0	2
Southwick	0	5
Holyoke	0	2
Chicopee Comp.	0	2
Hampshire Reg.	0	2
Northampton	0	5
Chicopee	2	0

1

2

3

4

1) Sneak Attack - Senior Hillary Higgs made a move as an opponent tried to steal the ball away. "We had a tough season, but in the end we had fun and stuck together as a team," she stated.

2) Heads Up! - Senior Emily Harned jumped up to head the ball away from an opponent. "It was really frustrating to have so many losses, but all of us always had a good time," she explained.

3) If the Gloves Fit - Freshman goalie Molly Delaney stepped toward the ball to make a save. "This season was such a great experience," she exclaimed.

4) One Foot Forward - Senior Katrina Marrone raced to the ball to get there first. "We had a great season and a good year. I felt that we played real well togther as a team," she declared.

Eyes on the Ball - As Goalie Samantha Bodley prepared to receive the ball she stated that, "It was a great experience and there was just this great relationship between all of the girls." "Also I will never forget all of the fun runs and coffee and dougnut practices," she added.

Front Row - Kyrsten Glod, Ashley Velez, Samantha Bodley, Molly Delaney, Amy Contant, Elissa Carney. **Middle Row** - Carrie Soule, Rhiana Toro, Katina Syner, Victoria Hopkins, Cassandra Tetrault, Courtney Beeman. **Back Row** - Coach Dowd, Hillary Higgs, Angie Wasylik, Katrina Marrone, Katie Fleet, Emily Harned.

Front Row - Breanna Mckinney, Denise Figuroa, Chelsea Stanisewski, Kiera MacNamara. **Middle Row** - Shatoya Johnson, Jamie Rooke, Sarah Andrekeus, Kayla Papadoulias, Leah Radner. **Back Row** - Kaitlin Syner, Anna Volain, Stephanie Flynn, Danielle Morin.

Trappin' It - Junior Amy Contant settled the ball to pass to an open teammate. "Although we did not have the best record this year, playing soccer was a lot of fun and it was a really good way to keep in shape," she proclaimed.

I'll Take That - Junior Rhiana Toro sneaked right in and took the ball away from an opponent. Loving the sport was an important aspect of their season. "The season was a lot of fun. The best thing about soccer is our coach Mr. Dowd," she protested.

7

7) Slide Right Through - Junior Katina Syner dribbled around an opponent. "I love to play soccer especially when we play against a better team. It gives you the chance to improve your game, and if you win, it's more appreciated," she expressed.

8

8) The Chase Is On - Senior Angie Wasylik sprinted toward the ball to gain control first. "I wouldn't change anything about this season. It was fun even though we didn't win many games," replied Senior Angie Wasylik.

9

9) Kicking It Up A Notch - Junior Cassandra Tetrault prepared to kick the ball. "I really like playing soccer because it gives me a chance to be competitive while doing something that I love," she explained.

Serve's Up

The girls volleyball team strived for excellence while obtaining the experiences of a lifetime.

Volleyball can be as fun as any sport on the market, but just as tough and painful. Cramped legs and arms, burning palms, and "achy breaky" joints are all symptoms of this sport due to both practices and tournaments. Most girls would not even bother playing, which is why two thumbs up were given to both the Junior Varsity and Varsity teams for giving so much effort towards their season.

Sports are known to be a great way to stay in shape but many don't take into consideration that sports can also be an awesome way to obtain life skills. "I am able to get in and stay in shape," voiced Senior Kimmy Campbell. "It also strengthens my leadership and cooperation skills," she added.

Sports can be stressful and time consuming. Since most teachers do not take the excuses of, "but I had a game!" Players have to learn to balance the two. Senior Kristen Walls explained, "Volleyball and my studies are both important to me so when volleyball runs over into my studies, I have to pull back from volleyball and concentrate on my work."

We all need a little fun in our lives, but we all have to be willing to take the bad in with the good. The girls hope to have many more wins next year.

by Annamarie Alleyne-Lovell

Get Ready for Take-Off - Senior Alyssa Fasolino was prepared for any ball that was coming her way. "Playing volleyball for four years has given me the chance to meet so many new people and have a blast while doing something that I love," she stated.

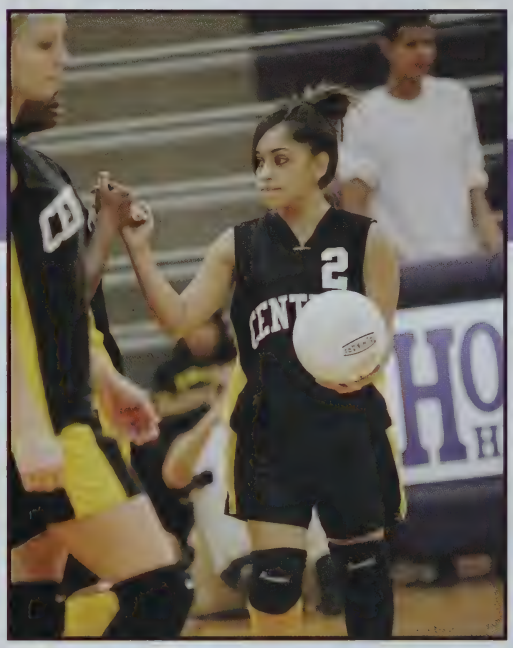
Pep Talk - Coach McCutchen talked to the girls during a time out to give words of encouragement. "We're still growing as a team. Volleyball is a very competitive sport and we're trying to get some underclassmen to join the team," she proclaimed.

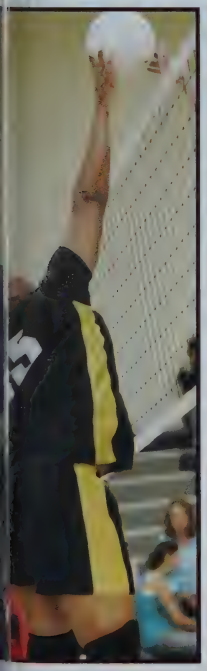
1-19

Team	Us	Them
Chicopee Comp.	0	3
Commerce	2	3
Putnam	0	3
PVCS	0	3
Holyoke	0	3
Ludlow	2	3
Easthampton	0	3
Dean Tech	0	3
Chicopee	0	3
Sabis	2	3
South Hadley	0	3
Ware	0	3
PVCS	0	3
Sci-Tech	0	3
Holyoke	0	3
Easthampton	0	3
Chicopee Comp.	0	3
Dean Tech	3	2
Chicopee	0	3
Westfield	0	3

Up, Up, and Away - Senior Rachel McCutchen reached up to serve the ball over the net. "I really enjoy volleyball. The team worked well together this year and we made some improvements along the way," she commented.

Good Luck - Senior Myra Maldonado was all set to sub into the match. "Volleyball was good this year. Although we didn't win a lot we had a good time and we got along great. I'm going to miss it next year," she explained.





Palms of Power - Senior Kristen Walls was ready to hit the ball over the net. "I thought it would be a new experience and I ended up learning a lot of things," she exclaimed.

Brick Wall - Senior Kimmy Campbell reached up for a block. "The unity of the team made my last year the best experience. We formed a lot of good relationships together on and off the court," she stated.

Back Row - Jorge Cruz-Morales, Jean Lopez, Kayla Santiago, Raiza Ramos, Alyssa Fasolino, Ahmed Ibrahim, Coach McCutchen. **Middle Row -** Ashley Morales, Patricia Suffen, Karen Cruz, Janisette Dominguez, Monica Diaz, Myra Maldonado. **Front Row -** Rachel McCutchen, Kristen Walls, Kimmy Campbell.

CAPTAINS CORNER

Colossal Captains - Pat Casey and the other captains had a great season being leaders of the team. "We had a really fun season. It felt good to be in the playoffs, especially the first team since 2001. I feel we accomplished a lot as a team," affirmed the junior.

"The season was something to be proud of. We did the best we could but we'll always push ourselves to work harder."

Josh Moore '09

"We worked really well together and we communicated really well. Our relationships on the field built friendships off the field."

Kory Saxer '08

8 - 3

Team	Us	Them
West Springfield	50	8
East Longmeadow	47	0
Holyoke	42	19
Northampton	8	0
Westfield	30	20
Longmeadow	6	36
Agawam	16	20
Minnechaug	30	14
Amherst-Pelham	58	12
HS of Commerce	38	0
League Playoffs		
Westfield	12	30

Varsity Football - Front Row - Syron Wheeler, Max Moran, Frankie Rivera, DeQuan Murray, Javier Melendez, George Hargrove, David Torres, Kory Saxer, Tyrell Brown, Godwin Okory, **Second Row** - Devon Williams, Malik Early, David Gonzalez, Derrick Murray, Cyle Spears, Jordyn Rivera, Pat Casey, Arthur Reynolds, Marques Brace, Julian Pena, Nate Shea, **Third Row** - Coach McLaughlin, Coach Anderson, Damian Jones, D'shane Smith, Dylan Faulconer, Benny Chavez, Jeff Clemons, Josh Moore, Drew Gavin, Kerson Joesph, Jovan Christian, Ryan Garvey, Coach Brower, Coach Snow, Coach Bermudez, **Fourth Row** - Glenden Seivwright, Alex Rodriguez, Jonathan Pedraza, Anthony Williams, Nate Collins, Josh Encarnacion, Kenneth Cardona, Marvin Kelly, Fabian Gonzalez, Jonathan Cabral, Derek Whitley, Jeff Barcher, Jeff Garay, Austin Demos, Daveir Cockett.

GOOD EAGLES

FOOTBALL HAD YET ANOTHER AMAZING SEASON

1. Team of Brotherly Love - Javier Melendez runs the ball for a touchdown. " We had a great season. We're all real close. We were one of the best teams out there and our teamwork showed. I'd do anything for them," admitted the senior.

2. Pushing the Competition Away - DeQuan Murray helps teammate Kory Saxer with a block. " Kory and myself worked together to help develop Western Mass's best line," declared the senior.

3. The Kick Is Good - Junior Julian Penna comes off the field after he kicks a field goal." I felt really good about the way I did as a kicker. My personal goals are going to high for next season," assured the junior.

4. Pre - Game Pep Run - Nate Collins and the rest of the team get rowdy before kickoff. " When we ran through the banner we were all pumped for the game. We were ready for any team. All eyes were on us," stated the junior.

Freshman Football - First Row - Elijah Washington, Leon Moultrie, Bemnet Banks, Mark Correa, Raymond Thresher, Scott Minalga, Othneil Edwards, Tariq Lowe, **Second Row** - Walter King, Jaleen Scott, Shaquille Echols, Clarence Dykes, Keon Dickerson, Jarrell Grant, Kwesi Albury, Dominick Whitley, Frankie Rodriguez, **Third Row** - Anthony Payne, Ector Martinez, Chandler Hardye, Raymond Jenkins, Shamar Minto, Bobby Maldonado, Jonathan Bayron, Steven Martinez, Orlando Heradia, Tarrence Martin, John Wills, **Top Row** - Coach Sturdivant, Tylan Straks, Ricardo Colon, Jake Wheeler, Anthony Marin-Rivera, Tyler Carnevale, Steven Acevedo, Harry Alvarado, Eric Perez, Andrew Rivera, Deshun McIvery, Xavier McCray, Travis Langley, Kieth Bass, Justin Cruz, Jordan Clemons, Brandan Ford, Coach Stratton.

1. Focusing On The Win - Senior Danielle Lamczewski ran to keep up with the ball. "Out of the four years of playing this is the best year, the team has really matured and I'm glad to that it's done," she commented.

2. Running Down Field - Freshman Tommy Kaminaman ran down field to pass the ball. "I felt like the team chemistry was great, I never felt a negative vibe," admitted Tommy.

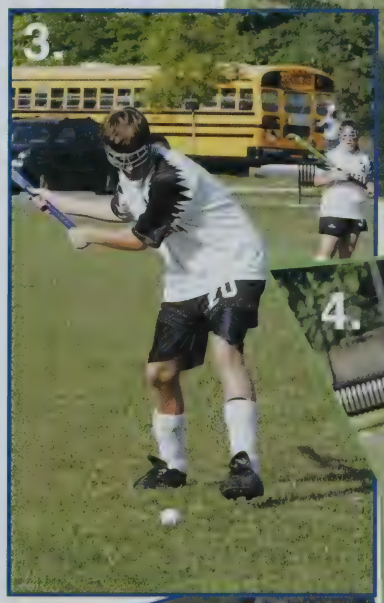
3. Slap Shot - Nick Kupiec sent a ball down the field to a fellow teammate. "I've played for all four years and it's sad that the season came to end end, but I wish the best of luck to the team next year," stated the senior.

4. Staying Ahead - Junior Dan Horonzy sprinted with the ball to score a goal. "This year was the best yet, and the coach was amazing," he added.

5. Celebrate the Win - The field hockey team celebrated their first win in three years. "It was my first year and how we played as a team makes me want to come back," explained Miesha Tuitt.

6. Guarding the Back Field - Junior Jordan Zarcone kept a close watch on who passed to her on the field. Jordan said, "It was a fun experience and I met a lot of new people and the competition was great."

7. It's Going to Be Mine! - Angela Buxton stuck by a guard for the opposing team. "Our field hockey program has made a lot of improvements and I'm really looking forward to next year," confessed the captain.



On the Run

The field hockey team made major improvements.

Springfield Central High School's very own field hockey team raised their sticks to victory, friendships, and spirit for their season this year. It was on the field that these players built a sense of hard work and accomplishment, and improved not only on the scoreboard, but also with each other. "Our team bond is out of control because we are all so different yet we get along so well," smiled Angela Buxton.

As a new franchise to Central sports, field hockey has started out rough due to the inconsistent coaching and the inconvenience of not having a home field. However, the team agrees that Coach Watje has made all the difference. "Every member of the team was crucial in helping us reach our goals as a team. We had a great season and it can only get better from here," said Coach Watje.

Senior Danuta Janiszewski reminisced, "Our coach is really funny. She never once put us down, rather she did her best to bring us up by encouraging us and practicing with us."

With a great season to remember, the Golden Eagles have definitely made their mark on the field and are sure to hit next season with a slap shot.

by Molly Kong

Varsity Field Hockey - Front Row - Tommy Kashmanian, Victoria Tran, Victoria Murray, Harriet Kashmanian, Nino Volobueva, Jordan Zarcone. **Second Row -** Frankie Martinez, Gabby Farhadi, Marium Volobueva, Amanda Putnam, Miesha Tuitt, Jessica Putnam, Arriann Izzo. **Back Row -** Coach Watje, James Kashmanian, Toni Tirozzi, Nick Kupiec, Dan Horonzy, Frederick Bruce, Brandan Jenkins, Danuta Janiszewski, Angela Buxton.

1 - 17

Team	Us	Them
East Longmeadow	0	10
Agawam	0	9
Holyoke	0	10
Palmer	0	2
Amherst-Pelham	0	5
Pioneer Valley Regional	0	2
Mohawk Trail	0	12
Turners Falls	0	2
South Hadley	1	8
Mahar Regional	0	5
Franklin County Tech	2	3
Amherst-Pelham	0	6
Turners Falls	1	7
Pioneer Valley Regional	1	2
South Hadley	1	1
Mohawk Trail	0	14
Mahar Regional	3	1
Franklin County Tech	3	4

Life Of Champions

Cross Country crushes the competition.

After every grueling practice, every tight meet, and every obstacle; the boys' season closed with three words: Western Massachusetts Champions. For the second time in three years the boys team earned a division title. " I feel very proud that we won a league title and remained undefeated in our division," exclaimed Luis Reynoso. Natural talent and tough conditioning is not all it takes to win. Having the desire to not be beaten is what creates champions. " I'm very proud of everyone on the team, we came out and gave our opponents very tough competition. In the end we came out on top," stated coach Rice.

The girls' cross country squad strived equally as hard in their quest for a league championship. Falling short of that goal by a single meet, the lady eagles were a fierce adversary in Western Massachusetts. " We had a great season and exceptional runners," reflected senior Briana Santiago. As the remaining cross country members go into the 2008 season, they can do so with pride knowing that they dominated 2007.

by Billy Youngworth

Push Harder - Junior Kyle Fisher is coming to the end of his race. " When you're running for a long period of time, you get really tired and you have to push yourself to continue that undefeated record," said the junior.

United We Stand - Anthony Santiago focuses on his race. " The team this year has had more heart than any other team I've been a part of, " confessed the senior.

Easy Does It - Senior Micah Vanderlinden paces himself to get ready for a big finish. " This year we went undefeated, we made history for the school being the same team to go undefeated twice in two years," he commented.

Two Peas in a Pod - Seniors Curtis Cimini and Chris Dziok run side by side and crush the competition. " I enjoy the good times with friends and I just like running," stated Curtis.

High Hopes - Sophomore Wilanie Oyola starts to break away from her opponents. " This year's season was great, next year I hope to win a Western Mass. title," remarked Wilanie.

Girls 4 - 5

Team	Us	Them
Northampton / Longmeadow	50	15 / 15
Sci - Tech	15	50
Ludlow / Minnechaug	50	15 / 15
Holyoke	15	50
Sabis	50	15
New Leadership	27	28
St. Mary's	26	30

Mark Volain '08

" It's a great feeling being on a division championship team."

Joe Hamilton '08

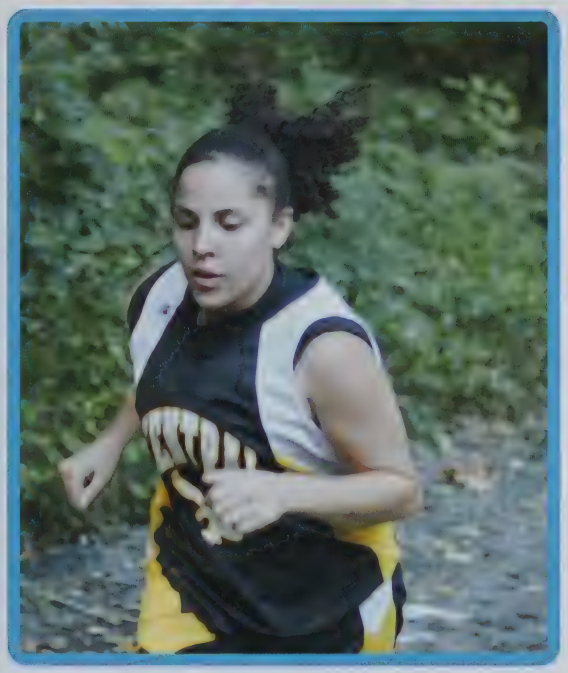
" The season went very well for the team in general, because we got another division title."

Chris Dziok '08

" We had a lot of newcomers. It will be up to them to carry the team in years to come."

Leslie Rivera '09

Coach Rice



Focusing on the Win - Senior Jaileen Rivera focuses on keeping her competition behind. "The team did really well. We were really united with a strong girls and boys team," Jaileen exclaimed.

Boys

5 - 4

Team	Us	Them
Northampton / Longmeadow	50	15 / 15
Sci - Tech	17	38
Ludlow / Minnechaug	50	18
Holyoke	27	28
Sabis	18	41
New Leadership	15	50
St. Mary's	15	50

Division Champions

Cross Country - Front Row - Chris Colon, Micah Vanderlinden, Curtis Cimini, Chris Dziok, **Back Row -** Lydia Gentile, R.J. Carvalho, Paul Bongiorni, Coach Rice, Chris Eyer, Kyle Fisher

Leader of The Pack - R.J. Carvlho leads the boys in their race. " It's great to know I have teammates I can count on throughout a season," admitted the junior.

Tee Time

The boys golf team always kept it under par.

Central's 2007 golf team sure made their presence known on the green. As they putted their way towards their goal of a Western Mass title. Despite completing the rigorous mandates needed for playoffs, the team fell short in their championship struggle. "The golf season went very well. We made Western Mass for the third year in a row," remarked senior Chris Nashville.

The team's success came from both the determined upperclassmen, as well as the mentoring from coach Carlos. "This year served as a turning point for me. My teammates and coach taught me new techniques," commented junior Gage LaFlamme. As the season concluded, the Golden Eagle golf team took the lessons of the 2007 season and set their aims towards next year

by Billy Youngworth

1.

Varsity Golf - Front Row - Stephan Farnham, Andrew Ryan, Kyle Jarvis, Chris Nashville, Jack Ryan, **Back Row -** Dan Grammarosa, Josh Lieberman, Gage LaFlamme, Philip Bates, Josh Unwin, Carmen Therrien, Matt Bradway, and Coach Carlos.

Opponent	Us	Them
Southwick	429	482
Chicopee Comp	473	499
Ludlow	468	472
Holyoke	474	455
Minnechaug	480	472
Southwick	435	476
West Springfield	448	472
East Longmeadow	238	225
Chicopee Comp	402	443
Palmer	464	495
Chicopee High	432	451
Agawam	446	397
Northampton	242	238
Cathedral High	490	455
Holyoke High	424	499
Westfield	485	436
Minnechaug	481	436
Northampton	462	402

Record 8 - 10

1. FORE!!!!! - Senior Jack Ryan drove the ball trying to avoid sand traps and water holes. "It's not a bad shot until you hear the water splash," he admitted.

2. Perfect Form - As senior Chris Nashville watched where his ball was hit he showed his satisfaction for teeing around. "Golf is like second nature to me. I'm nasty," deemed Chris.

3. Lending a Listening Ear - Coach Carlos took a minute to listen to his team. "I'm extremely happy with the way the season went, and I'm proud of the seniors that carried us to Western Mass," he commented.

4. Taking Aim - Andrew Ryan took the time to line up an important shot. "My only competition is Tiger Woods," boasted the senior.

Follow Through - Stephan Farnham held his back swing after a great drive. "This golf season was cool. The seniors and the coaches taught me a lot," commented the sophomore.

Golfer's Gab

"It's a fun sport, but it's hard to learn when you first start. There's also a good level of competition."

Carmen Therrien
'08

"Golfiing is a relaxing sport but it can be very stressful when the game turns around."

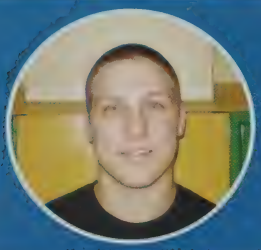
Dan Grammarosa
'08

Breath of Fresh Air - Senior Kate Fleet came up for a quick breath during a race. "I worked really hard this season to improve my breast stroke, and I ended up dropping a lot of time," she expressed.

Fly Like an Eagle - Senior Angie Wasylik came out of the water during a fast pace butterfly race. "Swimming this year was really rewarding as a captain. We came together and had a lot of fun," she stated.

Free Falling - Sophomore Anna Volain dove into the water. "We didn't win many meets but we had fun. We had a great team, great coach and a lot of commrodery," she explained.

PLAYER PROFILES



NAME: Charles Scheehser
GRADE: 12
WHY YOU SWIM: "I swim because I love the water. I also love the competition. I wouldn't do any other sport."

NAME: Marissa Douglas
GRADE: 9
WHY YOU SWIM: "I chose to swim because it is a good workout and it is fun."

Back Row - Charles Scheehser, Joe Hamilton, Kevin Carr, Chris Dziok, Vinny Restivo.

Middle Row - Coach Mark, Leon Moultrie, Chris Eyer, Dan Horonzy, Drake Harris, Coach Rice.

Front Row - Jerome Skelly, Robert Carvalho.

0-12

Team	Us	Them
Monson	58	112
Longmeadow	66	117
Northampton	65	118
Westfield	80	103
East Longmeadow	43	59
Minnechaug	28	70
Monson	75	107
Longmeadow	68	100
Northampton	64	117
Westfield	79	106
East Longmeadow	69	114
Minnechaug	70	105

Ocean Blue

Swimmers faced a competitive season.

As this winter sport came to a start, a lot of swimmers prepared themselves for the season. Sophomore Isabel Monteiro prepared herself in many different ways. "During the summer, I like to take time out of my vacation, not just to have fun swimming, but to practice at something I love doing, and it's worth it." The two year veteran swimmer for Central enjoyed every meet. "I benefit from swimming because I meet new people. My teammates give me motivation to work harder. Working together and having team spirit is something really important to me," she explained.

Another member on the swimming team was senior Tiffany Goss. "I've only been swimming for half of this season because I just came back from a shoulder injury," explained the senior who has been swimming since she was little. "I like to stay motivated by the team because it makes me work harder to try to get into Western Mass.," she added.

Kevin Carr is another senior who is motivated by the thrill of the race, the team, and also by his coaches. "Everyone on the team puts forth the best effort, especially Coach Rice. He has good techniques that train us to get better. He is always there to help us out as well as the assistant coaches," he added.

It was Chris Dziok's fourth year swimming for Central and he expressed his feelings toward the season. "We've had a very tough season, but it feels as if we are improving because we do have potential. Giving up wasn't an option for me because of my passion for swimming and because of the spirit I get from the team."

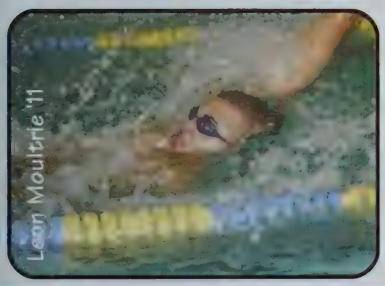
As you can see, Central's swimmers find team spirit extremely important. Motivation from the team as well as self-confidence helped keep the swimmers together.

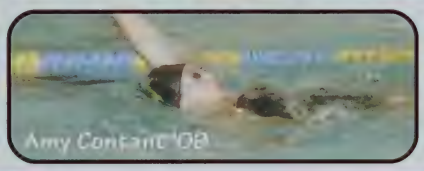
by Jasmine Smith

Chris Dziok '08

Tiffany Rasetto '08

Jerome Skelly '11


Leon Moultrie '11


Amy Contant '08

Danica Jankowski '08

0-12

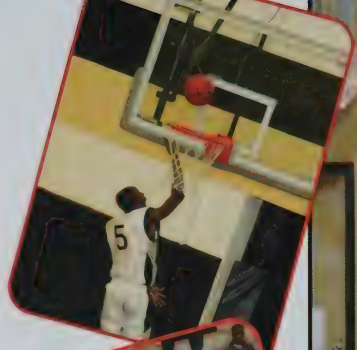
Team	Us	Them
Monson	34	127
Longmeadow	50	135
Northampton	47	136
Westfield	55	130
East Longmeadow	32	70
Minnechaug	27	75
Monson	63	117
Longmeadow	51	132
Northampton	53	130
Westfield	81	104
East Longmeadow	61	122
Minnechaug	55	130

Back Row - Sarah Andrekus, Danuta Janiszewski, Julianna Monteiro, Angie Wasylik, Katie Pleet, Amy Contant.

Middle Row - Coach Reed, Jess Putnam, Tatiana Velez, Marissa Douglas, Liza Posner, Denise Figueroa, Kaitlin Syner.

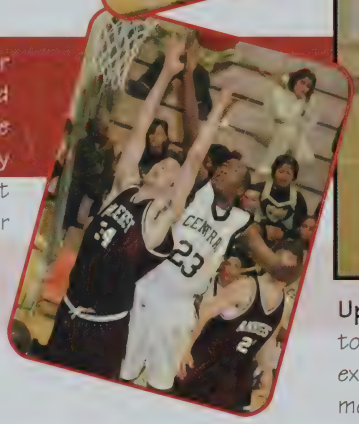
Front Row - Anna Volain, Isabel Monteiro, Heather Delude.

Taps - Junior Jeffrey Clemons went in for the lay up to score two points for the team. "This season was a great experience. We went undefeated in our league which was a big accomplishment. Hopefully we will win states too," he exclaimed.



Boxing Out - Junior Jarel Njiiri jumped up with open arms to reach for the rebound. "It's been a good year. No one in Western Massachusetts can beat us because we work so hard," he commented.

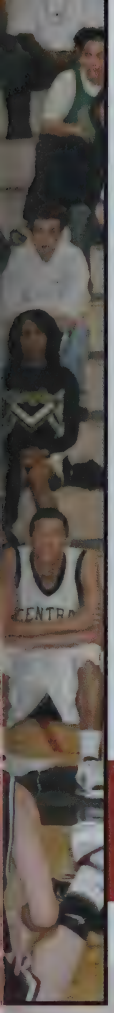
Reaching the Limit - Senior Desmond Henry jumped up and tipped the ball away from the opponent. "My motto is play every game as it is your last and don't take anything for granted," he stated.



Up, Up, and Away - Senior Mario Hornsby took the ball to the hoop for a lay-up. "This year was a great experience for me. I learned a lot of valuable lessons and met a lot of wonderful people," he stated.

Back Row - Coach LaBrie, Christopher Meminger, Jeffrey Clemons, Christopher Ronca, Brandon Barber, Jared Johnson, Jarel Njiiri, James Williams, Coach Paul Chaumur. **Front Row** - Derrick Jackson, Mario Hornsby, Victor De Rosario, Eriq Jones, Desmond Henry, Preye Preboye.

Back Row - Coach Paul Chaumur, Kerson Joseph, Benny Chavez, Kevin Ross, Jordan Smith. **Middle Row** - Philip Warrick, Patrick Thomas, Eric Perez, Richie Colon . **Front Row** - Elisamuel Camacho, Anthony Matthews, Derrick Whitley.



Take It to the HOOP

The boys had an amazing season making it all the way to the Western-Mass semi-finals.

On the basketball court of Central, there was a whole new meaning to competition. From gravity defying slam dunks, to eye popping plays, they kept people on their toes every game. All the precocious talents of the team showed hobnobbing opportunities for more victories. It took heart, mind, and strength to be so dedicated to the game of basketball and that's exactly what these players have done. "I love basketball, and when I'm on the court, I become really competitive to win. It also keeps everyone in shape and active," stated junior Jeffrey Clemons.

All the hard work and efforts during the season made their success possible. The team hoped to make an even better effort for their goals in the 2008-2009 season.

by Allison Hood

All or Nothing - The boys basketball team prepared by psyching themselves up before their first game of the season.

Sneak Attack - Senior Victor Del Rosario bounced the ball behind his back. "All the hard work has definitely paid off," he declared.

Cross-Over - Freshman Jared Johnson dribbled the ball to the basket. "This year was a great experience. Even though we didn't make it to Western Mass. we still had a good season," he stated.

Smack Down - Senior Preye Preboye went up to rebound the ball. He later exclaimed, "We played hard every game and our goal was to finish the season out with no regrets."

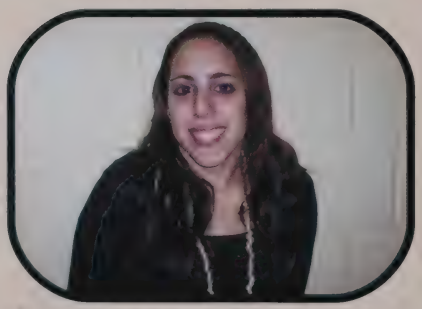
19-2

Team	Us	Them
Minnechaug	75	27
South Hadley	66	41
Chicopee	80	40
New Bedford	59	55
BABC Classic	60	65
Hillhouse	44	66
Central (RI)	84	61
West Springfield	67	50
East Longmeadow	80	69
Amherst	58	43
Madison Park (Ma)	65	30
Commerce	68	51
Holyoke	74	36
Cathedral	45	42
Commerce	75	58
Sci-Tech	55	39
Amherst	66	37
Holyoke	65	50
Westfield	67	52
Cathedral	72	60
Sci-Tech	77	60

"I feel disappointed that we lost in the Western Mass. game but I'm proud of the team as a whole."
Brisje Malone '10

"Even though we lost Western Mass. I still think we did good as a team and hopefully we'll do even better next year."
Miesha Tuitt '09

"We had a really good season and I am very proud of our team and how far we went. We strive to be the best and we set high goals."
Kilandra Bass '10



"We had a great season. It didn't end the way we would have liked, but we've had a great run over the last four years."
Kat Marrone '08

GIRLS WATCH

[The girls had yet another phenomenal season.]

The Central girls varsity basketball team entered the 2007-2008 season with high expectations of duplicating last season's state championship run. This season's Lady Eagles were led by Felicia Barron, winner of the 2007 Vi Goodrow award as the best basketball player in Western Massachusetts. Also playing prominent roles were Esther Wallace, Kat Marrone, Aleisha Hawley, Miesha Tuitt, Kilandra Bass, Lia Bass, Brisje Malone, and newcomer Lyanne Santiago. Playing a tougher schedule than last season assisted the girls to hope to achieve their goals which were a Valley Wheel Championship, a Western Massachusetts Championship, and a Division 1 State Championship.

by Coach Ross

1. Break! - Sophomore Lia Bass prepared to pass the ball inbound. "We had a good and fun year with the team. It is a great experience," she replied.

2. Prepare to Launch - Senior Esther Wallace prepared to shoot the ball at the foul line. "I'm really proud of our team and I enjoyed playing with them. Our season was great," she commented.

3. Lucky Number 13 - Junior Lyanne Santiago side stepped to receive the ball from her teammate. "This year was a great exprience. Even though it was my first year on the team, the girls made me feel comfortable," she explained.

4. Fast Break - Senior Felicia Barron dribbled fast pace down the court. "We had a great year. We all accomplished a lot this season and I hope that they can pull it off next year and win states," she stated.

Circle of Love - The Central girls varsity team had been through so much together. With hard work at practices and long bus rides, their time spent together created lasting bonds.

19-1

Team	Us	Them
Amherst	59	33
Taconic	62	30
Chicopee	67	38
Commerce	67	45
Northampton	41	55
Brattleboro	63	30
Westfield	53	42
Hampshire Regional	81	29
Norwich Free Acadamy	49	47
Longmeadow	60	46
Minnechaug	63	62
Agawam	61	38
Cathedral	62	32
West Springfield	70	49
Longmeadow	51	31
Holyoke	63	44
Ludlow	62	57
Minnechaug	59	56
Agawam	56	51
Cathedral	56	41
Holyoke	65	58

Back Row - Coach Ross, Aleisha Hawley, Lyanne Santiago. **Middle Row -** Kayla Scruse, Brisje Malone, Kilandra Bass, Miesha Tuitt. **Front Row -** Meghan Caputo, Jeileen Rivera, Esther Wallace, Felicia Barron, Kat Marrone.

Back Row - Ebony Hyde, Alex Vasquez, Courtney Parker, Natalia Arocho, Wilany Oyola. **Middle Row -** Dominique Rivera, Jamie Rooke, Shaetell Dewberry, Lessa Mc. **Front Row -** Shyrria Wiggins, Manuela Olivares, Tierra Downey, Krystl Ross, Saleena Supersad.

Caught in the Take Down

Wrestling team continued a dynasty

1.

The Central High School wrestling team was forced to overcome numerous obstacles to maintain their status as Western Mass Champions. Although the odds were against them, nothing was going to stop their run for the title.

The team's heart was never questioned before, but it was put to the test in the 2007 - 2008 season. Without the guidance of head Coach McLaughlin, people wondered if the team would be the same. That was just the motivation they needed. Two year assistant coach to the team, Coach O'Donnell, had to step up and take the reigns. "Coach O'Donnell did a great job filling in for Coach McLaughlin. We had to substitute his amazing coaching abilities with hard work and heart," proclaimed senior captain Ben Wright.

Loss of coaching staff was not the only hardship the team had to face. After losing many seniors, the team had to start over this year.

The young line-up had to prove their dedication on the wrestling mat. Junior George Wilson stated, "Our inexperience in the line-up showed at times, but that just forced the rest of us to step up and pick up the slack."

When it comes to exceeding limits and overcoming boundaries, one name comes to mind: 2007 All-State Champion George Hargrove. Due to the amount of hard work he put into the sport, he seemed unbeatable. No matter what the circumstances were, George always found a way to impress everyone. "My season went the way I expected it to. I worked hard to try and achieve greatness," announced senior captain George Hargrove. For those graduating, the 2007-2008 wrestling season was a memorable one. Their commitment and hard work paid off, and they should be proud.

by Mike Ernst

Push Them Back - Senior Ben Wright went for the take down. " Wrestling over the past four years has been the hardest trial of my life. I was constantly forced to rediscover limits of how far I could push myself," reminisced the senior.

Keep 'em Down - Sophomore Nate Collins kept a man down to get the pin. "Wrestling is in my blood. I've done it since I was 11. I look forward to the two years ahead," he stated.

9 - 2

Team	Us	Them
Cathedral	51	12
Westfield	51	14
Agawam	37	27
Mt. Anthony, VT	23	50
West Side Duals	First Place	
Minnechaug	59	11
Longmeadow	35	23
North East Duals	Second Place	
Ludlow	37	27
West Springfield	28	35
Agawam	48	21

1. Staying on Top - Junior Robbie Flores stayed on top of the competition. "Wrestling is different from all other sports. You have to go into it with a mind set of survival," confessed the junior.

2. Sticking Together - The seniors of the varsity squad stacked up to keep each other in line. "Having such a close team really played a key role in our success," said senior Jon Guzeck.

3. Reverse the Ride - Junior Jorge Cruz got ready to reverse the moves onto the other guy. "I improved a lot this year and I was able to make the big step from JV to Varsity," commented Cruz.

4. Slam on the Mat - George Wilson got ready to slam the competition to the floor. "I worked really hard this season. I wanted to help my team in any way possible to get the Western Mass. title again," mentioned the junior.

5. Getting a Good Grip - Sophomore Bemnet Banks has a grip on the opposing team. "Wrestling is a great way to keep your mind focused and it also keeps you on your toes," remarked Banks.

Front Row - Daniel Salgado, David Martinez, Jorge Cruz, Bemnet Banks, George Wilson, Mike Ernst, Luis Reynoso, Ben Wright, Peter Hager, Robbie Flores, Kibbs Fortilus. **Middle Row** - Coach Stratton, Jeff Barcher, Luck Tran, Ruben Gonzalez, Estavon Gonzalez, Jonathan Perez, George Hargrove, Jon Guczek, Isaac Naylor, Kasham Ruiz, Jordan Torres, Ishmael Rivera, Mark Correa. **Back Row** - Billy Youngworth, Antonino Martin, Carlos Rosario, Kory Saxer, Nate Collins, Anthony Williams, Anthony Payne, Josh Moore, Joey Mendez, Joe Pelletier, Tyrell Brown, Bobby Contant, Angel Moralez, Coach O'Donnell.

Check ' em Out

The boys hockey team checked the competition out of the way.

Everyone knows that Central High has always been a tough opponent in sports, but this season's varsity hockey team truly took it to a whole new level. With players like captain Jeremy Miller, Gage Laflamme, Stefan Audet, Andrew Ryan, Chris Nashville, Kyle Jarvis, and Nick Garvey, it was easy to see how the team trampled over the competition. "We're on a winning-streak," stated senior Nick Garvey. "We are trying to make Western Mass," he added. With such a great record, the boys never lost their confidence in one another. "I think we're unstoppable," confessed senior Andrew Ryan.

"The coaching and team chemistry really helped out," said senior Jeremy Miller. The team had been playing together for at least two consecutive years in most cases. The team really came together and played their best.

One of the team's greatest assets was the starting goalie, junior Stefan Audet. Being a goalie may have been the hardest position in hockey, but Audet seemed impenetrable. "Stay focused at all times, and don't get down. It's a team thing," he said.

Nevertheless, the most influential change had perhaps come from the coaching staff. "They are definitely more supportive and patient this time around," said junior Gage Laflamme. Exhausting practices were never abandoned. "The team that never stops working hard will always win," stated Miller. They had exceeded all expectations, and blew away the season with phenomenal speed and agility.

by Nino Volobueva

Front Row - Anthony DeMato, Nick Cupero, AJ Hebert, Stefan Audet, Jared Therrin, Brandon Jenkins, Cody McCarthy. **Back Row** - Coach May, Coach Pendirck, Gage LaFlamme, Pat Morrian, Jeremy Miller, Andrew Ryan, Chris Nashville, Tim Beauchamp, Kyle Jarvis, Kyle Cappuchi, Coach Doyle.

Score That Goal - Junior Gage Laflamme decked around a goalie to score the winning goal. "What we did this year was memorable and the school will never forget it. I was glad to be a part of history," mentioned Gage.

Keep the Puck Away - Senior Jeremy Miller kept the puck away from his competition. "It was a great season. It was the best season I've played in my life and we all took the good and the bad as a family," confessed the senior.

Save That Goal - Junior Stefan Audet saved a goal from the opposing team. "We went into the season lacking a good outlook, and once we won big games against good teams, we got our name out there," he added.

12-4-1

Team	Us	Them
Belchertown	2	3
Chicopee Comp.	3	1
Amherst-Pelham	2	2
Belchertown	4	0
Greenfield	4	6
St. Mary's High	10	0
Chicopee High	3	1
Easthampton	5	0
Holyoke	0	9
Chicopee High	3	2
Turners Falls	2	3
Holyoke	4	6
Greenfield	4	2
Easthampton	3	0
St. Mary's	7	1
Agawam	1	3

Division 3 Champions

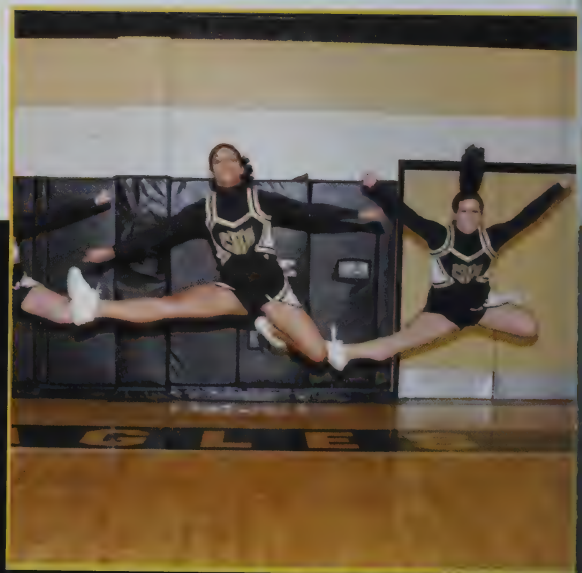
Going for the Pass - Sophomore Nick Cupero waited for the pass from a fellow teammate. "We had a great season this year and we all had fun winning the division for the fist time in Central history," admitted Cupero.

Slapstick - Kyle Jarvis passed the puck up to a a waiting teammate. "We had a great season, it gave me something to look forward to next year," stated the sophomore.

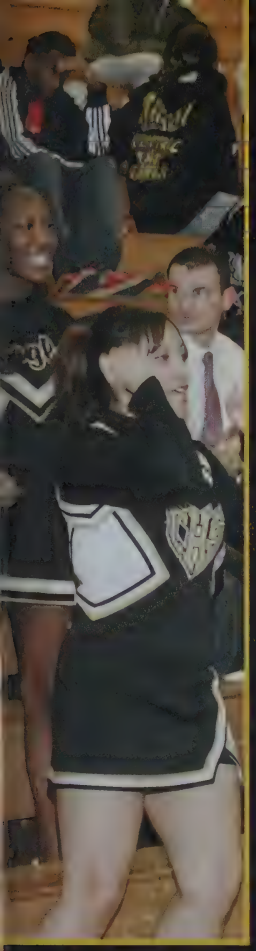
Get Loud - The cheerleading team was essential for pumping up the crowd at every game. Right, the squad got loud cheering for their Golden Eagles. "At games we gave it our all to get the boys pumped up at every game," commented senior Nakia Meadows.

Pep-Rally Pump-Up - The girls lined up to get the game started. "Cheerleading was a great way to meet new girls and gain new experiences," admitted junior Angela Tarazza.

Front Row - Angela Tarraza, Ebony Wright, Jenna Feeley. **Middle Row** - Sasha Jimenez, Jordyn Zarcone, Ayana Jacobs, Sam Bodley. **Back Row** - Janaiya Samuels, Nakia Meadows, Isaira Caraballo, Coach Drury.



Leg Lifts - Senior Janaiya Samuels and junior Jordyn Zarcone showed off thier skills in jump. "We worked really hard this season and got to competition for the first time," stated Janaiya.



EAGLE CHEER!!

It took more than just fluffy pom poms, glittering gold, black uniforms, and a million dollar smile for Central High school cheerleading squad to prosper as expected this year. Daily commitment, strength, confidence, hard work, and non-stop practices were things needed to keep the team jumping and moving as usual. When it all came down to representing the Eagles and showing golden school spirit, one phrase described it all: Bring It On!

The girls were always cheerful and were guaranteed to keep the crowd hyped. They boosted some egos with their electrifying stunts and captivating cheers. "It definitely helps knowing our good spirits boosted our athletes overall performance and morale," added Angela Tarazza.

Whether it was cheering at a game or at practice, the girls of the cheerleading squad were sure to promise the crowd countless and fulfilling memories every time they stepped on the court.

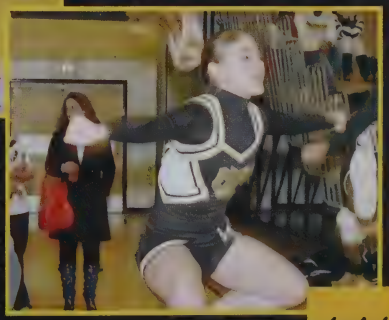
by Evelyn Ansah

THE CHEERLEADERS PUMPED UP THE VOLUME AT EVERY GAME.

Half-time Show - Left, the cheer squad entertained the fans at half-time.

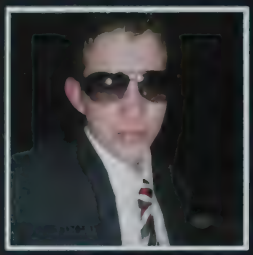
On the Sideline - Senior Sam Bodley jumped to show support. "This season was a memorable one for me and the squad," said Bodley.

We've Got Spirit! - As the basketball team received another victory, the cheerleaders were right along with them at each game. Left, Jordyn Zarcone and her teammates rooted for Central. She commented, "I love cheerleading. It's so much fun!"



CENTRAL HIGH
SENIORS

Central High Class of 2008



Diversity is the spice of life. It was the spectrum of colors in our school, represented through the many personalities, classes, and activities, that made our experience memorable. Allowing our true colors to shine by making the most of every opportunity thrown in our paths made this year one that will never be forgotten. By living in and embracing the various colors of Central High School, we grew and learned in more ways than one. Our individuality was not only enhanced by our experiences, but defined who we have become. Now, as the journey comes to an end, and we plan for the future, we are left with only the memories of our life at Central, In Living Color.

Your Editor-in-Chief
Katie Pleet

Colophon

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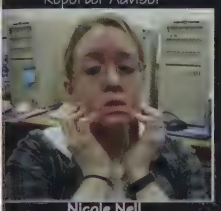

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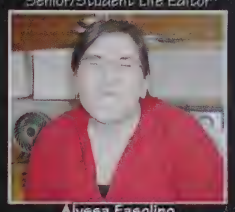

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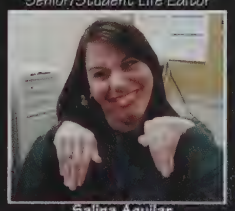

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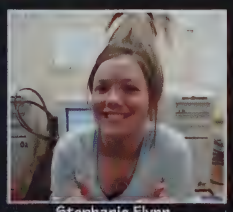

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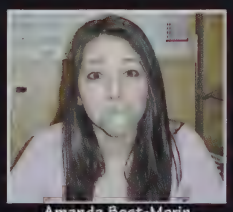

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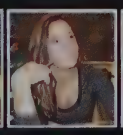

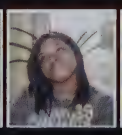

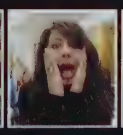
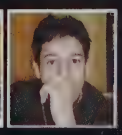
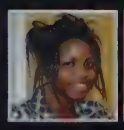
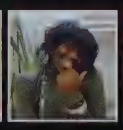
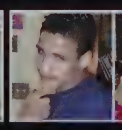
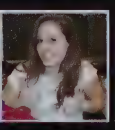
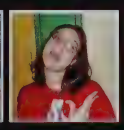
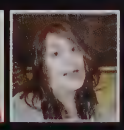
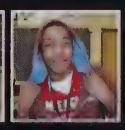

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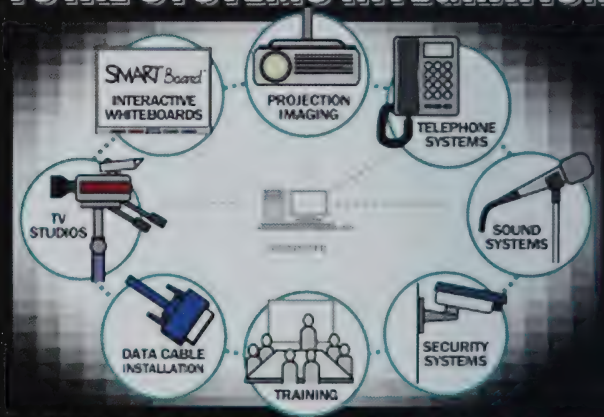

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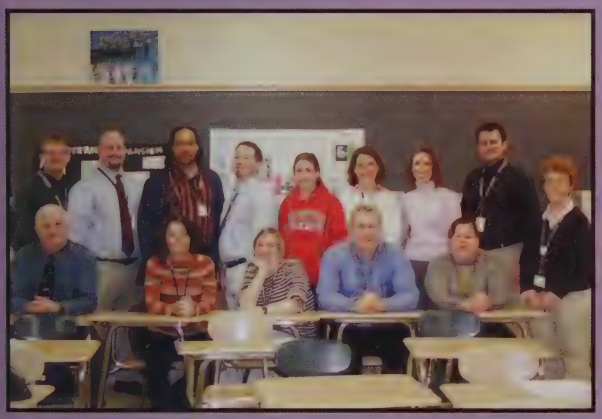

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